



Other services we provide

Bristol Carers Service:

Contact: 0117 903 1803

Email: bristolcarers@rethink.org

Bristol Community Development Coordinator for Marginalised Communities:

Contact: 07436 246 182

Email: bristolbme@rethink.org

Follow us:

Instagram: [bristol_community_services](https://www.instagram.com/bristol_community_services)

Facebook: Bristol Community Service - Rethink Mental Illness

If you have any questions about our service, or would like to find out more about when groups and sessions are running, please get in touch - we'd be delighted to hear from you!



Rethink Mental Illness

Docklands Community Centre, 29 Brigstocke Road, Bristol, BS2 8UA



0117 903 1805



bristolservices@rethink.org



We are the charity for people severely affected by mental illness, no matter what they're going through.

For further information on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

rethink.org

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**Rethink
Mental
Illness**

Bristol Community Services

Mental health support for individuals aged 18+ living within the Bristol City Council area.



Confidentiality

We believe in respecting and maintaining confidentiality. If you want to know more on how Rethink processes your data please visit our national website:

<https://www.rethink.org/privac...>

Our areas of expertise:

- Mental health
- Equality and diversity
- Cultural capability
- Community engagement
- Race equalities

How we can support you

Building confidence to access the community:

- Access leisure activities in your local area
- Access public transport
- Join a support group
- Find volunteering opportunities
- Accessing services that will support you to find paid work or a return to education

Further Support: We provide interpreters to enable you to access our support. If you struggle with appointments, talk to us, so we can discuss how we can try to help you with this.

We work with everybody over 18 who has a mental health problem

We use a person-centered approach spending time to identify what you would like to work towards. This involves a joint discussion with your Mental Health Recovery Coach to explore your needs and what goals you want to work on together.

You can be referred to our service

- You need strategies to improve your wellbeing
- You need help moving on from hospital admission
- You need gradual exposure to access the community
- You want to find structure and support to gradually improve your level of activity

How the service helps people

- Improved confidence
- Achieve goals
- Increased motivation
- Feel connected to your community

What is out there

- Access our Rethink groups in Bristol by following our social media platforms or mail us at bristolservices@rethink.org for further enquiry
- You can sign up to our monthly E-bulletin <https://rethink.us14.list-mana...>

How to be referred

- Referrals can be given by any clinical professionals, or partner organizations
- Self-referral forms are available on the website - <https://www.rethink.org/help-i...>
- We do not specialize in benefits, housing, or counselling services

“Staff were very supportive and helped me to reach my goal.”

