



Hello!

Rethink Carers Service offers support and information to families and friends of people with mental health issues (even if you don't think of yourself as a 'carer'). Rethink is a national organisation, and locally we are funded by Bristol City Council – so our services are free. We offer access for six months to various things, as everyone's situation is different. Some of these are:

Individual support The first step is to find a time to speak on the phone or in person so we can understand your individual situation. After that, you can arrange follow up appointments. We respect your right to confidentiality, following the usual guidelines & safeguarding procedures.

Support groups We provide support groups for family and friends of people with mental health issues, co-facilitated with staff working in inpatient and community mental health services. There are also more specialised carers groups for siblings, Borderline Personality Disorder and secure services, some are online, some in person.

News You can sign up to receive a bulletin including news of new groups and events we are organizing, as well as a summary of mental health and caring-related news we are sent. This is designed to be easily read on a smartphone. We also produce a quarterly newsletter.

Learn and Share Our online discussion groups and workshops aim to increase your knowledge, provide guidance and give you the opportunity to connect with each other. Popular topics include creating boundaries, communicating with someone experiencing symptoms, motivation, confidentiality issues, and how to support recovery. We develop the content ourselves, in collaboration with local mental health professionals.

Social events and walks It can be really helpful to meet others in similar situations. We plan social walks and events to encourage new connections.

Taking a break To help someone recover from mental illness, you need to stay healthy yourself. We can explore ways to lower your stress levels and improve your quality of life, and offer practical help. Can you think of something that will make a difference to you, like counselling, travel costs, a gym membership or a short break? Ask us about a 'carers assessment'.

Hotel breaks – we refer carers for free 2 night stays in the UK

Mental Health Advice [Rethink Mental Illness Advice Service](#) has factsheets on topics like the Mental Health Act, criminal justice and carers rights. You can also contact them for specific advice: 0808 801 0525

Get in touch!
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Leading the way to a better quality of life for everyone affected by severe mental illness.

Join Rethink as a member: phone 0121 522 7007 or visit www.rethink.org

