

We are the

## The Support Squad

A peer support group run by  
volunteers

For St Mabyn residents and surrounding communities,  
meeting at St Mabyn Village Hall ( PL30 3BH).



Join us on the  
first Wednesday of every  
month 6.30-8.30pm

The Support Squad strive to bring together St.Mabyn residents and our local communities by promoting well-being and helping members of the group build valuable friendships. We aim to offer emotional support to adults with lived experience of mental illness, whether it be personally, or as caregivers, friends or family. We will also signpost to local and national services.

For more information please email the group at [supportsquadgroup@rethink.org](mailto:supportsquadgroup@rethink.org)  
OR phone: 07496566440

Please note, we aim to respond to emails and telephone messages everyday but sometimes it may take a little longer to get back to you.

[rethink.org](http://rethink.org)