

Rethink  
Mental  
Illness.

Peer Support Group: MHAP

Mental Health Awareness

Portishead

We offer a friendly, welcoming space for carers who are supporting the wellbeing and mental health of young people



Feel free to  
come along!

2nd & 4th Tuesday of  
every month

We meet from 7:30pm until 9:30pm at  
Redcliffe Bay Methodist Church, Queens  
Road, Redcliffe Bay, Portishead, BS20 8HT

Our friendly group support each other by sharing experiences and information in an informal but confidential setting. If you need a listening ear but can't make the evening sessions we also offer Walk & Talk sessions!

For more details contact our group coordinators  
Catherine and Kathleen on 07568 967933 or  
mhap@rethink.org

Find us on Facebook:  
Rethink Mental Health Awareness Portishead

rethink.org

