



## Individual and Group support

### Individual support



The first thing we offer is a time to speak to you **on the phone**. If you prefer to meet **face to face**, we can arrange that, and if you need one, we can engage an interpreter. We can also arrange Teams, Zoom or Whatsapp conversations if you have several family members or friends who are located in different places or countries.

Depending on your situation, we can offer regular support calls, or you can simply contact us when you need to.

Book a call when it suits you: [calendly.com/rethinkbristolcarers/phone-appointment](https://calendly.com/rethinkbristolcarers/phone-appointment) Alternatively you can leave a message which only our team will hear on 0117 9031803.

### Group Support



People often find that they feel less isolated and alone as a result of joining a group of people who also have a role in supporting someone with poor mental health, where they can share experiences and advice.

We will be starting a new in-person group on 2nd April 2024 for family members and friends for 6 months, facilitated by a Rethink worker and staff members from Bristol Mental Health. No new members will be joining after the second meeting, so we encourage everyone to make a commitment to come to as many meetings as they can.

The group will be held once a month on the **first Tuesday** of each month, starting at 5pm and ending at 6.30pm. There will be 6 meetings in all, ending on 3rd September.

We encourage groups to continue meeting informally, and several groups still meet regularly in cafes.

### Online Group Support

There are also specialised carers groups online:

- for **siblings** please email [bristolsiblingsgroup@rethink.org](mailto:bristolsiblingsgroup@rethink.org)
- for family and friends of people with **Borderline Personality** (Emotional Disregulation) Disorder please email [swcarersbpdgroup@rethink.org](mailto:swcarersbpdgroup@rethink.org)
- for family and friends of people in **secure services** contact Sheena or Maria, the group coordinators at [recogniseme@rethink.org](mailto:recogniseme@rethink.org)