



Support available

What we offer:

Empowering Minds offers support to anyone aged 18+ in Gloucestershire with mental health needs. We provide a range of different approaches:

- Individualised support with a dedicated support worker
- Peer group support sessions
- Activities and interest events
- Links with local Communities
- Signposting and supported referral to other services.
- Confidence and Resilience Building

Open Monday- Friday 9am-5pm.

Contact us or download a referral form from our website. We're happy to discuss more about our services, so please call or email with any questions.



Rethink Mental Illness

rethink.org/empowering-minds



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EmpoweringMinds@rethink.org



**Rethink
Mental
Illness**

For further information
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Empowering Minds

Gloucestershire mental health support and advice, personalised with you, in your community.



What we do

"I really made great progress, I wasn't sure at first and was nervous. My support worker was with me at every turn and gave me confidence to see beyond my illness. I am now back in college, living independently and enjoying life."

About us

Funded by Gloucestershire County Council, and working together with NHS services, Rethink provide countywide mental health support to anyone 18+ with mental health needs by:

- Overcoming social isolation and difficulty accessing the local community
- Developing self esteem and confidence
- Setting goals and working towards a better quality of life
- Supporting access to other services
- Learning coping skills and building resilience
- Meeting people and building relationships
- Increased learning and understanding about your mental health
- Empowering long term change

Support provided

Our Community Link and Peer Support workers will work with you for up to six months to set personalised support plans, and work towards goals together.

This support provides confidence building and coping skills development with a dedicated support worker, helping you to overcome barriers to accessing community resources, find additional support services, and take steps towards achieving goals, such as finding employment or creating new self care routines- whatever matters most to you.

Our support is initially offered for up to six months, with regular reviews of progress.

We also support people in the community to set up and develop their own groups, and have opportunities to volunteer!

Peer support

Our team of Peer Support Workers have their own lived experience of mental health recovery.

Our peer led groups provide opportunities to meet and relate to others, learn from lived experience of recovery, and build support networks. Our groups are varied, from interest and hobby groups, to learning more about mental health.

"The peer support has been invaluable, I feel that although sometimes my mental health is very poor, I've grown in confidence and self esteem."

We understand that everyone's experience of mental health is unique to them. That's why our team provide individualised support, carefully tailored to meet each person's needs, goals and aspirations.

