**Individual support**

 Individual and Group Support

Bristol Carers Service

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 or Zoom meetings if you have several family members or friends who are located in different places or countries.

Depending on your situation, we offer around 4 support calls during the six months of your support, or you can simply contact us when you need to.

**Hubs**

We run monthly ‘Hubs’ where our members can meet each other informally in a cafe. The first hour one of our workers in present. There is also a monthly coffee morning at Callington Rd Hospital where carers can meet each other.

**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 start new groups twice a year, 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.

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

**Specialised groups**

There are also specialised carers groups online:

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