



## Other services we provide

### **Bristol Carers Service:**

Contact: 0117 903 1803

Email: [bristolcarers@rethink.org](mailto:bristolcarers@rethink.org)

### **Bristol Community Development Coordinator for Marginalised Communities:**

Contact: 07436 246 182

Email: [bristolbme@rethink.org](mailto:bristolbme@rethink.org)

### **Follow us:**

Instagram: [bristol\\_community\\_services](#)

Facebook: [Bristol Community Service-](#)

[Rethink Mental Illness](#)

If you have any questions about our service, or would like to find out more about when groups and sessions are running, please get in touch - we'd be delighted to hear from you!



### **Rethink Mental Illness**

Docklands Community  
Centre, 29 Brigstocke  
Road, Bristol, BS2 8UA



0117 903 1805



[bristolservices@rethink.org](mailto:bristolservices@rethink.org)



Our vision is equality, rights, fair treatment, and the maximum quality of life for all those severely affected by mental illness.

For further information  
on Rethink Mental Illness  
Phone 0121 522 7007  
Email [info@rethink.org](mailto:info@rethink.org)

**[rethink.org](https://rethink.org)**

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**Rethink  
Mental  
Illness.**

# Bristol Community Services

Would you like support  
with your mental health?

## **About the Service**

Our support works best when you feel ready to make a change in your life and are feeling able to meet regularly with a member of our team.

We can support you if you are 18 and over and live within the area covered by Bristol City Council.

## Confidentiality

We believe in respecting and maintaining confidentiality. If you want to know more on how Rethink processes your data please visit our national website or click here:

[rethink.org/privacy](https://rethink.org/privacy)

## Our areas of expertise

- Mental health
- Equality and diversity
- Cultural capability
- Community engagement
- Race equalities

## How we can support you

Building confidence to access the community:

- Access leisure activities in your local area.
- Access public transport.
- Join a support group.
- Find volunteering opportunities.
- Accessing services that will support you to find paid work or a return to education.

## We work with everybody over 18 who has a mental health problem.

We use a person-centered approach spending time to identify what you would like to work towards. This involves a joint discussion with your Mental Health Recovery Coach to explore your needs and what goals you want to work on together.

## You can be referred to our service

- You need strategies to improve your wellbeing.
- You need help moving on from hospital admission.
- You need gradual exposure to access the community.
- You want to find structure and support to gradually improve your level of activity.

## How the service helps people

- Improved confidence.
- Achieve goals.
- Increased motivation.
- Feel connected to your community.

## What is out there

- Access our Rethink groups in Bristol by following our social media platforms or mail us at [bristol.services@rethink.org](mailto:bristol.services@rethink.org) for further enquiry and information
- Sign up to Clic Bristol for online support and information about various local and national services- [bristol.clic-uk.org](https://bristol.clic-uk.org), kindly contact our Digital Officer for more info: [bhavika.jadav@rethink.org](mailto:bhavika.jadav@rethink.org)
- You can also sign up to our monthly E-bulletin [Click here](#)

"Because I never felt pressured, just gently encouraged."

## How to be referred

- Referrals can be given by any clinical professional, or partner organizations.
- Self-referral forms are available on the website - [rethink.org/BristolCS](https://rethink.org/BristolCS)
- We do not specialize in benefits, housing or counselling services.

"Staff were very supportive and helped me to reach my goal."

**Further Support:** "We provide interpreters to enable you to access our support. If you struggle with appointments, talk to us, so we can discuss how we can try to help you with this."