



Other services we provide

Bristol Carers Service:

Contact: 0117 903 1803

Email: bristolcarers@rethink.org

Follow us:

Instagram: [bristol_community_services](https://www.instagram.com/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

0117 903 1805

bristolservices@rethink.org



We are the charity for people severely affected by mental illness, no matter what they're going through.

For further information
on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

rethink.org

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**Rethink
Mental
Illness**

Bristol Community Service

Over 16, have a mental health condition, and Bristol City Council is your Council? We're here to help.



What we do

We offer short-term interventions, anything from a few weeks up to a maximum of six months support. You will work on personal goals with a mental health recovery coach, to help you improve your wellbeing and mental health resilience.

About us

Rethink Mental Illness is a national organisation. In Bristol we are funded by Bristol City Council to provide a **'help when you need it'** service. We support anyone aged 16 plus who lives in the local authority area of Bristol City Council (BS1 - BS16) with a mental health condition.

We will support you exclusively in the community. Examples of where we meet you are a café, library, leisure centre, or where a group meets.

We work Monday to Friday 9.00am to 5.00pm.

Individual support

When you reach the top of our waiting list your mental health recovery coach will invite you to your first meeting. They will ask about your mental and physical health and help you decide your individual goals.

The support we offer:

Your goals will be personal to you and we will encourage you to choose something which helps with your wellbeing or improves your mental health resilience.

Here are areas of support we offer:

- Help you learn techniques to overcome anxiety related situations
- Help you face anxiety provoking triggers through graded exposure work.
- Help you access leisure and social activities or join a support group.
- Help you consider voluntary or paid work opportunities or educational courses at any level.
- You may have problems which other services in Bristol can help you with. We can signpost you to these services and help with any referrals and support with initial meetings.

What we don't offer:

Unfortunately, we can't work in your home or offer phone support. But in certain circumstances we can hold the first meeting in your home.

We don't specialise in benefits, housing, advocacy and we don't offer counselling.

How to be referred:

Referrals can be given by any clinical professional, or partner organisations.

Self-referral forms are available at **Rethink.org** search **Bristol Community Support Services**.

If you, or someone you know would benefit from coming along to any of these sessions give us a call or email using the details overleaf - we'd love to hear from you!

