

Held monthly in
Newton Abbot for
carers living in the
local area .



COPE: Carers of Psychosis Experiencers

COPE is a voluntary led peer-support group for families, friends and carers of people with serious mental illness who experience psychosis.

Our group offers a safe, confidential, non- judgemental environment where members can share experiences, signpost to other services and look after their well-being. Meeting once a month, we offer support and encouragement to one another in a respectful and supportive space.

We Meet: The last
Tuesday of every month
12:30 - 2:30pm

At: The Courtenay Centre,
Kingsteignton Road,
Newton Abbot TQ12 2QA.

**To be heard is valuable!
Please join us!**

For more information email
the group at
copegroup@rethink.org

