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Themes: Advocacy, , Mental Health

Aimed at: All People

Our Friendship and Support Group is a relaxed and therapeutic environment for individuals, carers, siblings – anyone affected by mental illness. This may include depression, anxiety, loneliness, bipolar, as well as other conditions. Our friendly group members offer mutual support to each other in an inclusive and non-judgemental atmosphere. Our meetings are informal, with members able to stay as long or little as they wish. No referral is necessary. Just come along.

Every Tuesday Evening- 7pm-9pm

Hillstown Village Hall

12 Nesbit Street

Bolsover

Chesterfield

S44 6LW

email : mark.hudson@rethink.org

Tel: 07484001842

Area: Bolsover

Contact Details

12 Nesbit Street

Hills Town

S44 6LW

mark.hudson@rethink.org

07484001842

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