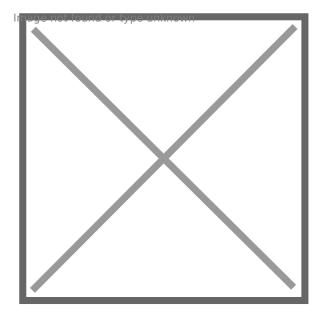
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Themes: Advocacy, , Mental Health

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 Tuerdsay Evening- 7pm-9pm Hillstown Village Hall 12 Nesbit Street Bolsover Chesterfield S44 6LW

email: mark.hudson@rethink.org

Tel: 07484001842 **Area:** Bolsover

## **Contact Details**

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