



Mental Health Carers Support Groups

**For people who care for someone aged
18—65 who experiences
Mental Health Difficulties**

- Hear from Mental Health Professionals**
- Meet people in similar situations in a supportive environment**
- A confidential and safe space to talk**
- Learn how to manage your own stress**
- Free parking and refreshments**

**Meadowfield, Swandean Hospital, Arundel Rd,
Worthing 2nd Monday of each month
between 6pm and 8pm**

**Methold House, North Street, Worthing
last Wednesday of each month
between 5pm and 7pm from 26 January 2011**

**For more information or a confidential chat,
telephone Sandra Bignell,
Senior Mental Health Carers Support Worker
01903 538690**