

Things people have said about Changes:

"Changes has supported me in remaining employed and maintaining a loving relationship with my partner, family and friends,"

"The meetings provide a supportive atmosphere giving me a reason to get out and be more sociable"

"I learnt from others and realised I was not alone"

"Changes has made a massive difference in my life"

Peer support meetings held across the Bristol area

For details about our meetings or for more information about our service and organisation call **0117 941 1123**

Or email **info@changesbristol.org.uk**

Or see our website at **www.changesbristol.org.uk**

Changes aims to promote recovery, wellness and social inclusion.



CHANGES BRISTOL

Ten Years of Providing Peer Led Mental Health Support Groups in Bristol

Registered Charity No 1120388



Support Groups For Mental Wellbeing



Free weekly mutual support groups across the Bristol and surrounding area

0117 941 1123
www.changesbristol.org.uk

Is Changes Bristol for me?

Changes meetings are for adults who would like support in managing depression or anxiety or other mental health problems and would like to make changes in their lives for the better.

Our meetings are facilitated by trained volunteers who have themselves experienced mental health problems.

The meetings can help decrease social isolation, increase self esteem, maintain mental health and help those making steps to recovery.

No referral is necessary, you can just come along to one of our meetings listed on the insert.

If you would prefer to speak to someone before you come to a meeting you can call us for a friendly chat or email us for more information.

“I was so anxious before I went, but they made me feel really welcome”

How can Changes help me?

Changes meetings follow a well established format based on peer support and mutual help.

Everyone in the meeting has an opportunity to speak and support each other in a structured meeting, gaining knowledge from each other in an empathetic and non-judgemental environment.

Changes is about helping people help themselves, developing resources so that we can get on with our lives.

Changes uses resources from psychological techniques to help people manage their mental health, develop wellness tools and become more resilient. We provide learning materials with a “Steps to Recovery” model, drawn from Cognitive Behavioural Theory, Positive Psychology and Mindfulness.



How do I attend a meeting?

You can just turn up to any of our meetings. No referral or prior arrangement is necessary.

We understand just how nerve wracking it can be to come to a group for the first time, we will look after you and you will be welcomed with a friendly atmosphere and a cup of tea. You can decide if you would like to speak or not at the meeting.

Ground Rules: We have ground rules that we explain at the beginning of each meeting to ensure the meetings are safe. All we ask is that you support the goal of mental health. The meetings are completely confidential and open to anyone so please respect our rules on confidentiality and equality.

IT'S FREE – our meetings are free to attend. You can make a donation at the meetings but there is no compulsion to do so.

OPEN ACCESS – You can access the meetings for as long as you feel you need the support.

We have meetings throughout the Bristol Area

For your nearest meeting please visit www.changesbristol.org.uk or call us on 0117 941 1123

Changes
Bristol