



Carers
in Hertfordshire

charity registration number 1085491

Making carers count



**If you care for someone experiencing mental illness
this course is for YOU!**

This free course held over six weeks provides the knowledge, skills and support you may need and aims to improve your health and wellbeing.

Learn about mental illness and its treatment, the mental health system, problem-solving, communication skills, dealing with challenges and looking after yourself.

**Where: Rethink Office, Nelson Court, Gladstone Road,
Ware, Hertfordshire, SG12 0AG.**

**When: Wednesdays 14th March to 18th April 2018
10am - 12pm noon**

**To book a place or for details please phone 01920 463663
Or email jonathan.clack@rethink.org**

**Working together to help everyone
affected by severe mental illness
recover a better quality of life.**