



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: Trinity Centre, Beaconsfield Road, St Albans,
Hertfordshire, AL1 3RD.**

**When: Thursdays 14th June to 12th July 2018
11am - 1pm**

**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.**