



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: Care Community Hub, 19-29 Station Road,
Letchworth, Hertfordshire, SG6 3BB.**

**When: Tuesdays 26th June to 31st July 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.**