



**If you care for someone experiencing a mental health problem  
this course is for YOU!**

This free course 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: Bishop's Stortford Baptist Church  
Twyford Road, Bishop's Stortford CM23 3LJ**

**When: 6 weekly sessions beginning on  
Wed 9th January to 13th Feb 2019**

**To book a place or for details please phone 01920 463663  
or email [jonathan.clack@rethink.org](mailto:jonathan.clack@rethink.org)**

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