



Volunteering opportunities at Bristol Mind.

We have almost 100 trained and supervised volunteers doing valuable work providing some of our services.

We are also keen to find volunteers with admin or management skills, or ideas and energy to help us promote mental health awareness and raise funds for our work.

We also regularly recruit new volunteers to support our Information Signposting, Advocacy, MindLine helpline & Meeting Minds counselling services.

Bristol Mind is committed to equality of opportunity and involving people with personal experience of emotional distress in everything that we do.

To find out about volunteering visit:
www.bristolmind.org.uk

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Mental or emotional health problems can happen to anyone at any age or from any background, with 1 in 4 people experiencing problems at some time.

Bristol Mind is a local self-funding mental health charity that aims to promote emotional wellbeing, recovery and social inclusion.

Join Bristol Mind and support our work. Members receive newsletters, reduced costs for courses and invitations to events. To find out more call 0117 980 0370.

Make a donation at www.justgiving.com/bristolmind or via our website.

Bristol Mind is affiliated to National Mind and is committed to National Mind's values and quality management standards. See www.mind.org.uk

**Bristol Mind
35, Old Market Street
Bristol BS2 0EZ
Tel: 0117 980 0370
Email: admin@bristolmind.org.uk
www.bristolmind.org.uk**

Reg. Charity No: 1085171 Reg. Co. No. 4124744



Bristol Mind

Supporting people, challenging stigma and promoting mental and emotional health

www.bristolmind.org.uk

Signposting Information

For information and signposting to local services phone: **0117 980 0370** on Mon, Tue am, Wed or Thur.
Or visit: **www.bristolmind.org.uk**

Advocacy Services

Supporting individuals to gain information and have a voice about the issues that are impacting on their lives.

Community Outreach Advocacy:

Free, independent, confidential advocacy support.

Drop Ins: Tuesday 11am-2pm at Bristol Mind, 35, Old Market St. BS2 0EZ.

Wednesday 2-4pm at Windmill Hill City Farm, Phillip Street, Bedminster, BS3 4EA.

For details or for an appointment:

Tel: 0117 980 0376

or email advocacy@bristolmind.org.uk

Wellbeing and Recovery Services

MindLine: our evening emotional support helpline, open 5 nights a week, from Wed-Sun, 8pm-midnight call 0808 808 0330 (freephone)

Meeting Minds: our affordable counselling service. For more information on availability or fees call: 0117 980 0385
email: counselling@bristolmind.org.uk
or visit our website for more information

Self-help initiatives and support groups for individuals looking after their own wellbeing and recovery.

Training courses promoting wellbeing and recovery including: stress management, Mental Health First Aid, suicide intervention skills (ASIST), good mental health in the workplace.

For details of all courses and self-help initiatives visit: www.bristolmind.org.uk
or call 0117 980 0370.

Specialist Advocacy Services

BME Advocacy for people from Black or Minority Ethnic communities. For details call 0117 980 0389 or email zakira@bristolmind.org.uk

In-patient Advocacy for people in hospital. For details call: 0117 980 0375 or email paul@bristolmind.org.uk

Independent Mental Capacity Advocate service (IMCAs) for people legally deemed to lack capacity to make important decisions. For details call 0117 980 0371 or email imca@bristolmind.org.uk

Independent Mental Health Act Advocates (IMHA's) for people who the Mental Health Act applies to, with specialist advocates for people from Black or Minority Ethnic groups, and Older People.