

CLAY CROSS

MENTAL HEALTH CARERS SUPPORT GROUP

Carers of someone with a mental health issue can feel abandoned, alone, confused and in need of support, help and advice.

We offer this support in a friendly, relaxing atmosphere, giving carers an opportunity to unwind and chat with other carers, who understand.

Refreshments are provided.

Come along, meet other carers, share experiences and make friends!

We get together on the first Wednesday of every month at:

Clay Cross Social Centre, Market Street

Clay Cross, S45 9JE

11am– 1.30 pm

Please contact **[REDACTED]** on 07398 781917 or

Lorraine on 07972 003753 for further information