



If you provide unpaid care to someone with a mental health problem this free six-week course could help YOU!

This course provides carers with the knowledge, skills and support to help them in their caring role and improve their health and wellbeing. Learn about:

**Mental illness, its treatment, and the mental health system;
Dealing with challenges; and
Looking after your needs.**

**Where: Seth Ward Community Centre,
Luynes Rise, Buntingford, Herts, SG9 9SG.**

**When: Six sessions, Tuesdays 17th March to
21st April 2020, 10am to 12pm noon.**

**To book a place or for details please call 01920 463663
or email jonathan.clack@rethink.org**

**To contact Carers in Hertfordshire call 01992 58 69 69
or learn more at www.carersinherts.org.uk**

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