

MhIST (Mental Health Independent Support Team)

Main Office: Hanover House, Hanover Street, Bolton BL1 4TG

Self-Help Groups: 1st Floor Moorland House, 116 Bark Street, Bolton
BL1 2AX

☎ 01204 527200 ✉ help@mhist.co.uk 📱 mhist.bolton

💻 www.mhist.co.uk

Please telephone or email

Christine Makinson (christine.makinson@mhist.co.uk)

☎ 01204 527200

For information regarding any self help group.

Elaine Jones (elaine.jones@mhist.co.uk) ☎ 01204 527200

For information regarding our advocacy service.

Melvin Bradley (melvin.bradley@mhist.co.uk)

☎ 01204 527200

For information regarding volunteering opportunities.

Peter Pendlebury (peter.pendlebury@mhist.co.uk)

☎ 01204 527200

For information on how to make monetary donations.

1point (North West) Ltd ☎ 01204 917744

To access our Talking Therapies service

For anything else email help@mhist.co.uk



ANXIETY,

DEPRESSION

&

WELLBEING

GROUP



Do you feel alone and have no one to talk to?

Anxiety or depression taking over your days?

Want to improve your mental health and wellbeing?



The group members arrange trips out to places such as museums, cafés, to the theatre etc.



External speakers also regularly attend to share their own experiences and knowledge.

Then why not
come along to our..

Anxiety, depression & wellbeing group!

This new and dynamic group offers its members a place where depression, anxiety and mental wellbeing is paramount and explored. This is a very friendly and diverse group in which mutual respect and care is in abundance. The group focuses on sharing knowledge and personal experiences in ways to help support, guide and develop each members personal awareness of mental health. The group also explores mental wellbeing and the ways it can affect your day to day life and how to improve it, helping you to build and maintain good relationships with others and feeling engaged with the world around you.

If you want to be a part of this fantastic group then please contact us using the contact details on the reverse of this leaflet. Come and try something new and make friends!

