

# Mental health – carers' group

**NHS**  
South West  
Yorkshire Partnership  
NHS Foundation Trust

Support for people caring for someone  
with mental health difficulties



**Third Tuesday of every month, 6 – 8pm**

**Laura Mitchell Health and Wellbeing Centre  
(meet in rear car park)**

Come along to our carers' group to share your experiences and views, get support, and learn about medication and mental health.

Meet new people, see how we can help you and find out more about our services.

For more information or to be added to our mailing list, email

[dalescarergroup@swyt.nhs.uk](mailto:dalescarergroup@swyt.nhs.uk)

Follow us on Twitter [@carerdales](https://twitter.com/carerdales)

If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

With **all of us** in mind.