

Bristol Mind



For better
mental health

Community Advocacy

Prison/Secure Unit Advocacy

IMCA (Independent Mental Capacity Advocacy)

**In-Patient Advocacy & BME (Black & Ethnic Minority)
Advocacy**

Information and Advice

Volunteering

Assertive Outreach Research

User Focused Monitoring

Mindline Helpline

**35 Old Market Street, Bristol, BS2 0EZ
Tel: 0117 980 0370 Fax: 0117 929 7644
admin@bristolmind.org.uk
www.bristolmind.org.uk
Reg. Charity No: 1085171
Reg. Company No: 04124744**

Community Advocacy

Bristol Mind's advocacy drop-in offers support and information for current and ex service users of mental health services, or those suffering from mental distress. If you are experiencing mental or emotional distress, we can help to communicate your needs, wishes and concerns and offer information and advice on rights under the Mental Health Act, benefits and housing.

Come along to the **Advocacy Drop-In between 11am and 2pm on Tuesdays.**

Tel: 0117 980 0376 or email: advocacy@bristolmind.org.uk

A second drop-in takes place at Filwood Hope, 11-13 Filwood Broadway, Knowle West, Bristol BS4 1JL on Wednesdays between 2 and 4pm.

Prison/ Secure Unit Advocacy

Advocates visit prisoners at HMP Bristol and Eastwood Park and offer support to offenders post-release. Advocates also visit wards at Fromeside and Wickham units.

Tel: 0117 980 0386 or email: advocacyinaction@bristolmind.org.uk or Jo.burgess@bristolmind.org.uk

Inpatient Advocacy and BME Advocacy

An advocate visits wards at Southmead and Callington Road hospitals every week. If you or someone you know needs support to be involved in the decision making process about their treatment in hospital call:

Tel: 0117 980 0375 or email: paul@bristolmind.org.uk

Bristol Mind also now provides a Black and Ethnic Minority Advocacy service who visit wards at Fromeside every Monday.

Tel: 0117 980 0389 or email: zakira@bristolmind.org.uk

Volunteering

Bristol Mind would not be able to offer its diverse range of services if it were not for a dedicated team of over 100 fully trained volunteers.

If you are interested in volunteering please see our volunteering leaflet, available on request or:

Tel: 0117 980 0370 or email: info@bristolmind.org.uk

IMCA (Independent Mental Capacity Advocacy)

The Independent Mental Capacity Advocacy service (IMCA) provides independent safeguards for people who lack capacity to make certain significant decisions and who, at the time such decisions need to be made, have no-one else other than paid staff to support or represent them or to be consulted.

Tel: 0117 980 0371 or email: imca@bristolmind.org.uk

Information & Advice

Providing information leaflets on mental health issues free to service users. We also distribute leaflets via hospital sites, community centres, libraries and multi-agency centres around the Bristol area. Our website, www.bristolmind.org.uk, provides up-to-date information on mental health groups, helplines and services.

Tel: 0117 980 0370 or email: info@bristolmind.org.uk

Assertive Outreach

This is a three year research project supported by the Big Lottery Fund called 'Effective involvement in mental health services: the role of assertive outreach and the voluntary sector'. The project is run by service user researchers in collaboration with the Avon and Wiltshire Mental Health Partnership NHS Trust and the Care Services Improvement Partnership.

Tel: 0117 980 0380 or email: assertiveoutreach@bristolmind.org.uk

User-Focused Monitoring

- Have you used or do you currently use mental health services in Bristol?
- Are you committed to giving other service users a voice in how services are provided and run (including looking at treatments, specific services etc).

Bristol Mind's UFM research project will provide the necessary training to work as a service user research, conduct interviews and analyse the findings.

Tel: 0117 980 0380 or email: ufm@bristolmind.org.uk

Mindline

Wednesday to Sunday 8pm – midnight

In distress? Need someone to listen? Call our freephone helpline on:

0808 808 0330

Support:

- If you or someone you know is in distress
- If you need a safe place to talk
- If you need someone to listen

Information:

Our database holds information on: other services, how to get help and basic information on mental health issues.

Tel: 0117 980 0381 (admin)

Bristol Mind promotes a positive view of mental health and aims to provide services that are user-focused, supportive and empowering

Bristol Mind is an independent local charity and we have a membership that receives regular newsletters, annual reports, invitations to our AGM and to other events. If you would like to be kept up-to-date with our work and have a say in how we develop, please fill in the membership form below and return it to us at:

Bristol Mind, 35 Old Market Street, Bristol, BS2 0EZ

Bristol Mind is committed to the principle of Equal Opportunities in all areas of our organisation.

In our role as a service provider and employer, we strive to open the organisation to all people regardless of their ethnicity, gender, sexual orientation, sexual identity, age, disability or religion.

We actively promote the involvement of those experiencing mental and emotional distress and survivors in all areas of our organisation.

Join Bristol Mind

Reg. Charity No: 1085171 Reg. Co. No: 04124744

If you would like to become a member of Bristol Mind, please fill in the form below.

I agree to become a member of Bristol Mind. Should the company be wound up, I promise to pay the sum of £1 towards its debts if asked to do so. I confirm that I am in sympathy with the company's aims and objectives.

Name..... Tel.....

Address.....

.....

Email.....

Signed.....

I enclose my annual subscription of £5 (£2 low income/service user/survivor) £10 group membership.

Donation £..... Please make cheques payable to Bristol Mind