

## **Bristol Mind**

### **We can offer you :**

- **Someone to work with you and be on your side, to help you to speak up for yourself**
- **Someone to give information about your rights and help you decide what you want**

### **We can help you with :**

- **accessing services & support that you need**
- **making phone calls**
- **writing letters**
- **accompany you to meetings, appointments, etc**
- **making complaints**

## **Drop-in details**

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### **Bedminster**

(From 4<sup>th</sup> November 2009)

**Every Wed, 2 to 4 PM at**

**Windmill Hill City Farm**

**Phillip Street, Bedminster**

**Bristol, BS3 4EA**

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### **Old Market**

**Every Tue, 11 AM to 2 PM at**

**Bristol Mind Office**

**35 Old Market St**

**Bristol, BS2 0EZ**

**Tel – 980 0376**

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## **The Outreach Advocacy Service is...**

- **Free**
- **Independent**
- **Confidential**

## **Our Advocates are...**

- **Fully trained volunteers**
- **Friendly & understanding**
- **Ordinary people who have experience / understanding of mental health issues and who are concerned about the rights of people who experience mental and emotional distress**



For better  
mental health

## **Bristol Mind**

35 Old Market Street  
Old Market  
Bristol  
BS2 0EZ

### **Telephone**

Outreach Advocacy – 0117 980 0376  
Admin – 0117 980 0370

**Fax:** 0117 929 7644

**Email :** [advocacy@bristolmind.org.uk](mailto:advocacy@bristolmind.org.uk)

**Website :** <http://www.bristolmind.org.uk/>

***Bristol Mind***  
*is campaigning*  
*for a socially*  
*just society,*  
*which promotes*  
*& sustains good*  
*mental health*  
*for all*



For better  
mental health

## **Bristol Mind**

**Outreach  
Advocacy  
Service**

Community-based Support  
for people with mental health  
problems

Drop-in sessions open to all, at  
**Bedminster &  
Old Market**