



Let's talk about mental health.

**We understand that
no one should have
to face feelings of
stress, anxiety or
depression alone.**

That's why we provide peer support groups in Bristol. Offering a safe and friendly space where people can meet up to talk about any worries they might have. Changes Bristol is a free, open access service for anyone seeking mental wellbeing support.

We help anyone looking to make a positive change in their life, there is no referral needed so you can join without diagnosis.

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