We meet the first Tuesday of most months at

The Stafford Centre
103 Broughton Street
Edinburgh
6pm/6.30pm – 8.00pm
(Please call to confirm)

If you would like more information, or would like to talk to someone about the group, please contact
Lorraine Keith
0131 629 1844
or 0131 557 0718
lkeith@
supportinmindscotland.org.uk

EDINBVRGH
THE CITY OF EDINBURGH COUNCIL

CARA

Carers & Relatives Alliance

Support and friendship for all of those affected by mental illness

support in mind scotland
action for people affected by mental illness

SUPPORT IN MIND SCOTLAND
Edinburgh Carers Support Project

Mental Illness

Severe mental illness can cause major disturbances in the way someone thinks, feels and behaves. Life is experienced in a way that can seem very different from that of other people.

Do you sometimes feel at the end of your tether, alone and don't know who can help?

Do you feel that you need the support from others that can relate to your situation?

Help is available

CARA is a friendly support group for anyone affected by mental illness, including friends, family, partners and carers.
We come together bi monthly to:

- Share experiences
- Support each other
- Get information
- Learn skills to help us cope
- Make time for ourselves

The group is very informal and welcoming.