

Please telephone or email

Christine Makinson (christine.makinson@mhlist.co.uk)

☎ 01204 527200

For information regarding any self help group.

Elaine Jones (elaine.jones@mhlist.co.uk) ☎ 01204 527200

For information regarding our advocacy service.

Jo Kay (jo.kay@mhlist.co.uk) ☎ 01204 533092

For information on how to donate items for our shops.

Melvin Bradley (melvin.bradley@mhlist.co.uk)

☎ 01204 527200

For information regarding volunteering opportunities.

Peter Pendlebury (peter.pendlebury@mhlist.co.uk)

☎ 01204 527200

For information on how to make monetary donations.

1point (North West) Ltd ☎ 01204 917744

To access our Talking Therapies service

For anything else email info@mhlist.co.uk



Depression Recovery Group



MhIST (Mental Health Independent Support Team)

Hanover House, Hanover Street, Bolton BL1 4TG

☎ 01204 527200 ✉ info@mhlist.co.uk  [mhist.bolton](https://www.facebook.com/mhist.bolton)

 www.mhist.co.uk

Why not come along to the

Depression Recovery Group



Meets every Thursday

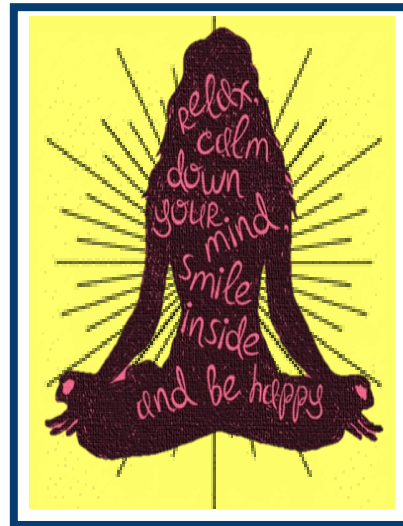
at Hanover House

11am-1pm



A friendly social group who welcome new members.

Currently this group has a large proportion of male members.



Often members will go across the road to the market for a brew after the group.



If you want to be a part of this fantastic and dynamic group then then please get in touch with us.

The contact details are shown on the reverse of the leaflet.

