

Please telephone or email

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

☎ 01204 537885

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)

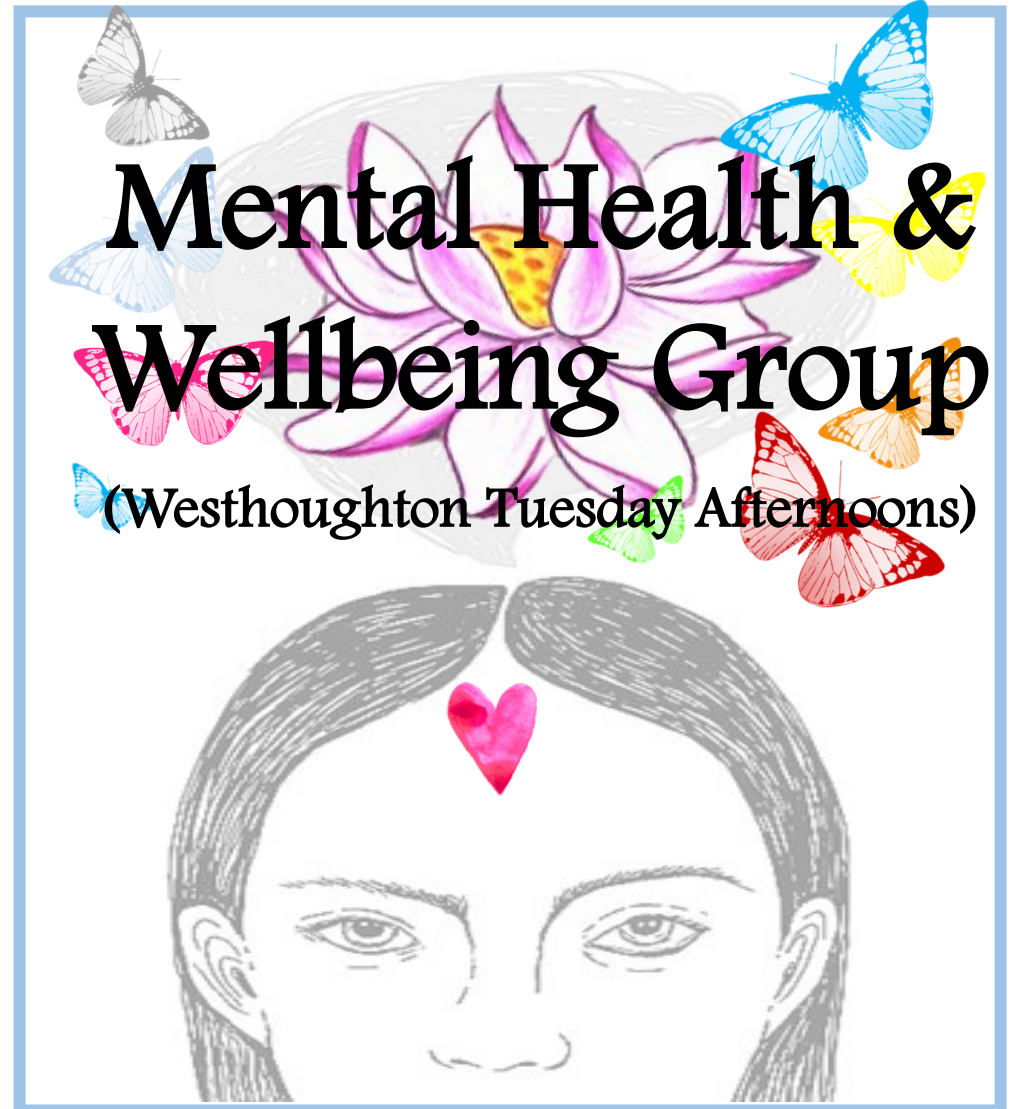
☎ 01204 527200

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](mailto:info@mhlist.co.uk)



MhIST (Mental Health Independent Support Team)

Hanover House, Hanover Street, Bolton BL1 4TG

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

 [www.mhist.co.uk](http://www.mhist.co.uk)

# Why not come along to the Mental Health and Wellbeing Group



This new and dynamic group offers its members a place where supporting positive mental health is paramount and explored. This is a very friendly and diverse group in which mutual respect and care is in abundance.

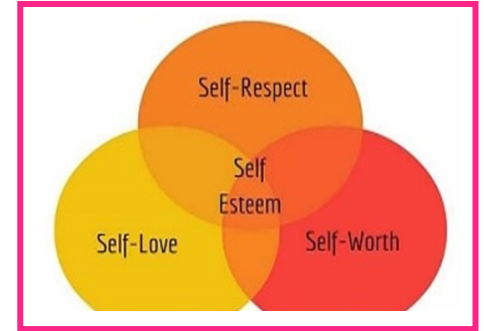
Struggling with mental health issues?  
Feeling low, worthless, and/or hopeless?  
Want to improve your mental health and wellbeing but find it hard to get into Bolton Town Centre?

Then why not come and join an afternoon Mental Health and Wellbeing group being run in Westhoughton on Tuesdays



If you want to be a part of this new dynamic supportive group then then please come and have a coffee and a chat to find out more.

**Tuesday 12:30pm to 2:30pm at the John Holt Community Centre,  
Birch Avenue, Westhoughton. BL5 2NR**



The group focuses on sharing knowledge and personal experiences in ways to help support, guide and develop each members personal awareness of mental health with others and feeling engaged with the world around you.

