

Please telephone or email

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

☎ 01204 537885

For information regarding any self help group.

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

For information regarding our advocacy service.

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

For information on how to donate items for our shops.

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

☎ 01204 527200

For information regarding volunteering opportunities.

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

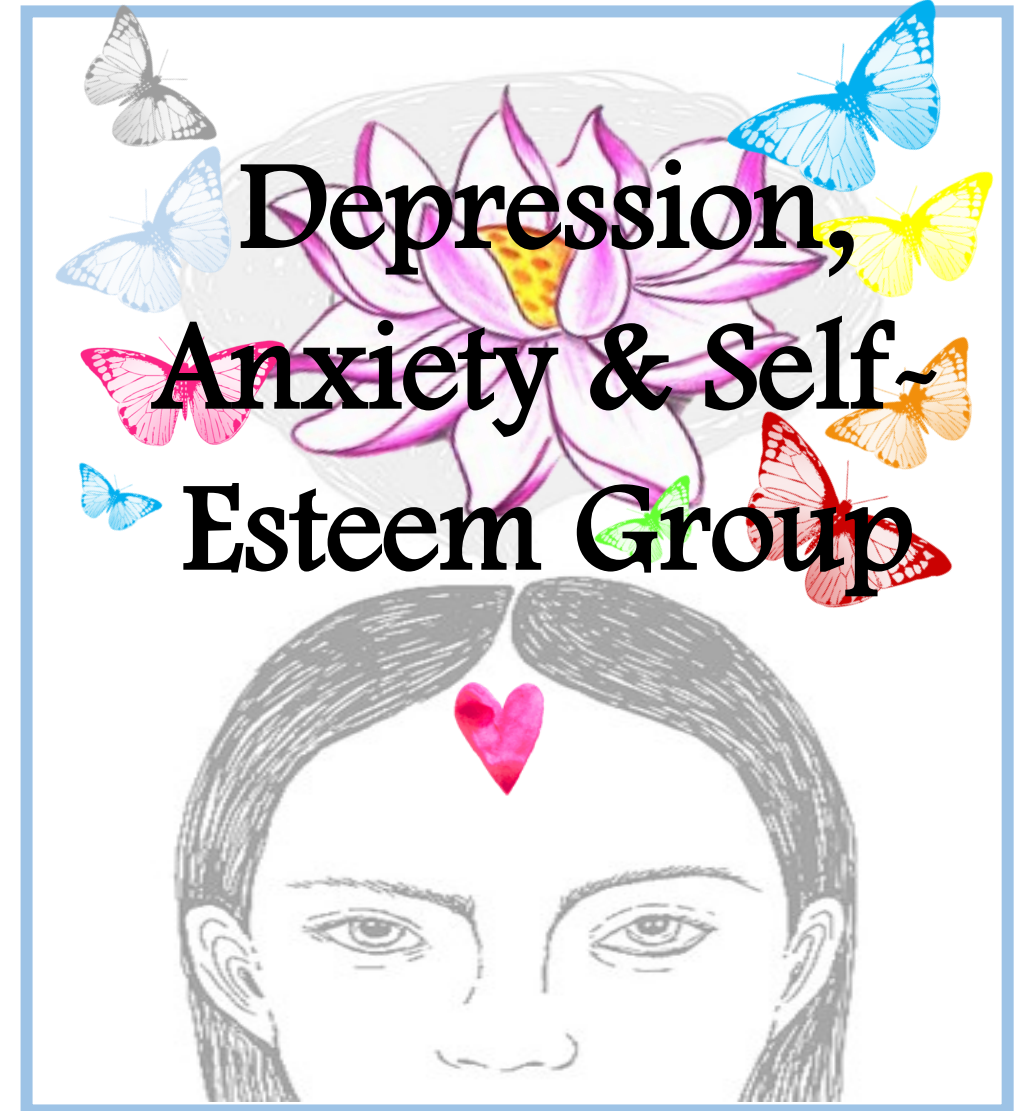
☎ 01204 527200

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



MhIST (Mental Health Independent Support Team)

Hanover House, Hanover Street, Bolton BL1 4TG

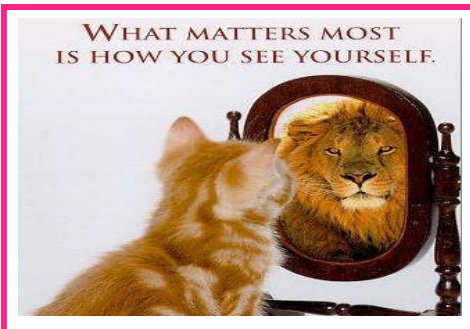
☎ 01204 527200 ✉ [info@mhist.co.uk](mailto:info@mhist.co.uk)  [mhist.bolton](https://www.facebook.com/mhist.bolton)

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

# Why not come along to the Depression, Anxiety & Self-Esteem Group



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.

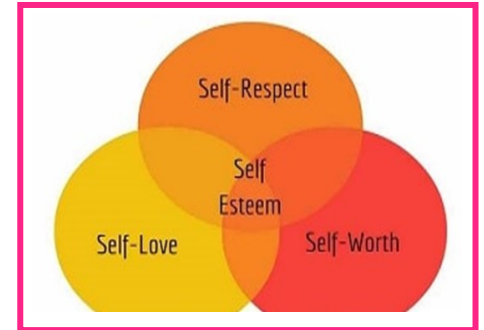


Do you feel alone and have no one to talk to?  
Anxiety or depression taking over your days?  
Want to improve your mental health and wellbeing?

This new and dynamic group offers its members a place where depression, anxiety and self-esteem is paramount and explored. This is a very friendly and diverse group in which mutual respect and care is in abundance.



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.  
Come and try something new and make friends!



The group members can arrange trips out to places such as museums, cafés, to the theatre etc.

External speakers also regularly attend to share their own experiences and knowledge.

