



Long Eaton Mental Health Carers Support Group

Empathy • Support • Information

We are a voluntary self-help group of people who care or have cared for a loved one, friend or neighbour, of any age, with mental health issues.

We offer empathy, comradeship, support, shared experiences and occasional guest speakers in a very informal and relaxed atmosphere without the fear of stigma and prejudice.

We can signpost members to relevant agencies for information and advice.

Membership is free and open to adult mental health carers residing in Long Eaton and surrounding areas.

Tea, coffee and sandwiches provided free of charge.

***New members are warmly
welcomed.***

We meet at:

**Oasis Christian Centre
129-131 Derby Road
Long Eaton
NG10 4LL**

**Last Tuesday
of each month
12:00 – 2:00pm**

For more information:

**call Rob on
07932 685 022
or**

**Joyce on
07931 722 977**