



Runcorn Carers Centre office  
62-64 Church Street, Runcorn,  
WA7 1LD  
Tel: 01928 580182

Widnes Carers Centre office

Peelhouse Family Centre,  
Peelhouse Lane, Widnes, WA8  
6TJ

Tel: 0151 257 9673



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[https://www.facebook.com/  
groups/422683278212718/](https://www.facebook.com/groups/422683278212718/)

## Halton Mental Health Carers Support Group



# Halton Mental Health

## Carers Support Group



Do you:

- Care for someone with a mental health condition?
- Sometimes feel excluded by services?
- Want more support?
- Want to reduce the stigma of mental illness?

If the answer is **yes** to these questions **you are a carer** and could be accessing carer **support services**.





If you care for someone with depression, bi polar, anxiety, psychosis, panic attacks, schizophrenia, OCD etc. Halton Carers Centre, Halton Borough Council and NWBH NHS Trust are here to support you at a new group. It offers peer support, activities and guest speakers in a friendly environment where you can meet others in similar situations.

## New additional venue, time and dates for 2019 in Widnes !!!

We meet in Runcorn at 1-3pm on the last Wednesday of the month at Halton Carers Centre, 62-64 Church St, Runcorn, WA7 1LD. New venue for the group in Widnes is Box 16, Halton Stadium, Lowerhouse Lane, Widnes, Cheshire, WA8 7DZ. Second Wednesday of the month between 6-8pm

### Runcorn

Wed 30 Jan  
Wed 27 Feb  
Wed 27 Mar  
Wed 24 Apr  
Wed 29 May  
Wed 26 June  
Wed 26 July  
Wed 28 Aug  
Wed 25 Sep  
Wed 30 Oct  
Wed 27 Nov

### Widnes

Wed 9 Jan  
Wed 13 Feb  
Wed 13 Mar  
Wed 10 Apr  
Wed 8 May  
Wed 12 June  
Wed 10 July  
Wed 14 Aug  
Wed 11 Sep  
Wed 9 Oct  
Wed 13 Nov

## Where do the group meet?

Runcorn Venue  
62-64 Church Street  
Runcorn  
WA7 1LD

Widnes Venue  
Box 16  
Halton Stadium  
Lowerhouse Lane  
Widnes  
WA8 7DZ

**time to change**

let's end mental health discrimination