

Connecting Carers 2012

Solent
NHS Trust 



*Don't think
you have to take
this walk alone*

Adult Mental Health Carers Service Open Day

Saturday 18 February 2012, 9.30am - 3.00pm

The Royal Maritime Club, 75-80 Queens Street, Portsmouth PO1 3HS

- The free annual conference where you can meet fellow carers
- Find out what support is available to you
- Enjoy various workshops and guest speakers
- Free lunch and refreshments provided

For more information please contact: **023 9275 6780**

Providing support for family and friends
caring for people with a mental health illness

Better health, local care 