

**Supporting a relative or friend who is experiencing mental health issues can be a real challenge.**

**Getting information, getting help, knowing what to say and do yourself – not always easy.**

**ICE: CARERS’ INFORMATION COURSE**

**offers an opportunity to ask questions, look at your options and meet others facing the same challenges.**

**It’s free to mental health family/friend/carers.**

**Wednesdays 10-1pm beginning 12th Sept. for 8 weeks**

**Hillcrest Community Centre, Bay Vue Rd,**

**Newhaven BN9 9LH**

**To book a place** [**alan.icepro@btconnect.com**](mailto:alan.icepro@btconnect.com) **or call/text 07435 786182**

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