

What is CASS?



We work with community, faith and equality groups to **improve knowledge, confidence and awareness of mental health** and support in Bristol. Whether you're a small community group, a group of volunteers, or an organisation who works with people who face mental health challenges, find out what we can offer you!



Working with you to develop bespoke mental health awareness sessions and workshops to meet your needs

How can we support you?

Leaflets and information booklets for your community

- Guides to understanding mental health
- Guides to local services and support for specific communities

Dedicated locality networkers across Bristol

- Support to develop and embed mental health awareness in your community
- Local knowledge about activities and support in your area

Feeding back your experiences

- We can let the people making decisions and running services know about gaps in your area, what is and isn't working for you

Keeping you up to date with mental health and wellbeing news in Bristol

- Promoting your wellbeing activities and events through our social media and newsletters

Locality Networkers

Get in touch with your locality worker to find out how they can support your community organisation. For South Bristol please contact info@cassbristol.org

Jasmine Farndon in **Inner and East Bristol**

 jasmine.farndon@cassbristol.org

 07516 551338

Siobhan Cox in **North Bristol**

 siobhan.cox@cassbristol.org

 07939 933 223

Curious about our services and want to find out how we can support you? Get in touch!

Visit our website for useful information including:

- Wellbeing support for BAME communities in Bristol
- Wellbeing support for LGBTQ+ people in Bristol
- Translated mental health guides in a variety of languages
- Simple guides to anxiety, depression and money worries

If you are worried about your own or someone else's mental health call AWP's 24/7 mental health response helpline on 0300 303 1320