

# We are Rethink Mental Illness and no matter how bad things are, **we can support you.**

**Severe mental illness affects  
thousands of people, their  
families and loved ones.**

We provide expert information  
and services, and campaign  
to improve the lives of people  
living with mental illness, their  
families, friends and carers.

**Find out more about us and  
how we can support you:**



0121 522 7007



[info@rethink.org](mailto:info@rethink.org)



[rethink.org](http://rethink.org)

A circular logo with a blue gradient background. The text "Rethink Mental Illness." is written in white, with "Rethink" on the top line, "Mental" on the second line, and "Illness." on the third line.

**Rethink  
Mental  
Illness.**

