

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



rethink.org

A portrait of a man with dark, curly hair and a beard, wearing a yellow hoodie. He is looking slightly to the left with a calm expression.

**Rethink
Mental
Illness.**