



**Rethink  
Mental  
Illness**

**We're here and  
no matter how  
bad things are,  
*we can support you.***

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

Contact us to find  
out more about how  
we can best support you:



**0121 522 7007**



**info@rethink.org**