



**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