



**Rethink
Mental
Illness**

Be a Community Champion!

Join our movement of everyday heroes fighting for better mental health across England.

We receive no government funding for our peer support groups. They only exist thanks to people like you. Every pound you raise helps someone feel less alone. As a Community Champion, you'll keep these life-changing groups going and help new ones grow – offering connection and hope to people struggling with their mental health.

Scan to join:



rethink.org

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