



Rethink
Mental
Illness.

Is your
family member,
or loved one,
living with a
mental illness?

We can support you
while you support them.

rethink.org/carers

Rethink Mental Illness offers specialist services, support and advice to carers, as well as people directly affected by mental illness. We also bring carers together, and campaign for better outcomes for carers and people living with a mental illness.



1 in 8

adults in the UK are carers. That's over 6.5 million people.

(source: Carers UK)

We spoke to 400 people caring for a loved one living with a mental illness. They told us:



73%

Nearly three quarters said that they had developed a mental health problem as a result of caring for someone.



70%

identified money worries as a particular source of stress.



32%

Just under a third of carers have struggled on at least one occasion to pay for a bill.

(source: survey of 400 carers by Mental Health UK, 2019)

How Rethink Mental Illness can help

We offer support and advice for you and your loved ones.

Groups and services

- 100 support groups open to carers (as part of our national network of 140 peer support groups)
- If there isn't a carers group near you then contact us and we can help you start one: groups@rethink.org
- Carers services in Bristol, Doncaster, Dorset, Dudley, Hertfordshire, Oxford and Tower Hamlets.
- rethink.org/services

Support

- Over 200 award-winning factsheets
- Advice line: trusted advisors provide practical advice on a range of issues, including benefits advice and social care provision – **0300 5000 297**
- New Carers Hub on our website at rethink.org/carers, with a range of practical information and resources.

Mental Health and Money Advice

Through our partnership with Mental Health UK, we provide an advice service to help people with mental health and money problems to understand, manage and improve their finances

Mentalhealthandmoneyadvice.org



Membership

Become a member of Rethink Mental Illness from £6 a year to join a community of like-minded people and get support. Members receive our regular magazine, are able to attend free events and have a say in how the charity is run.

Over 60% of our members have experience of being a carer.

(Source: Rethink Mental Illness 2018)

Campaigning

Our campaigners are helping to transform the mental healthcare system. We are helping to make sure that the Mental Health Act is reformed and supports families.

91% of carers said attending a group had 'helped me to reduce feelings of isolation or loneliness'.

Do you care for someone living with a mental illness?

Visit our carers hub at rethink.org/carers or call **0121 522 7007** to find your nearest Rethink Mental Illness service or support group.

“They’re like family”



Dorita has been using our London carers support service in Tower Hamlets for three years.

She says that one of the best things about the group is meeting other carers: “I used to think I was the only one going through this. I felt so alone. Now at meetings I’ll tell other parents about services they can access. The Rethink team are great, they’re like family. They check in on us.”

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