

Let's get the mental health conversation *moving.*

Rethink
Mental
Illness.

Severe mental illness affects thousands of people, their families and loved ones.

We are Rethink Mental Illness 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 and carers.

Find out more about us and how we can support you:



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