



Rethink  
Mental  
Illness

**It's time for**  
**action!**

\*A pseudonym has been used

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, friends and carers.**

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**Find out more** about  
us and what we can  
do to support you:



**0121 522 7007**



**rethink.org**



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