



# Are you a carer?

## **Rethink South West Kent Carers**

We have been supporting carers and service users affected by mental illness for 25 years.

We are a peer support group who provide a friendly, welcoming, safe space where we can share experiences and support each other.

## **Bimonthly Meetings**

Take place at the **Vine Baptist Church**, Sevenoaks, TN13 3UP

To find out more, including dates and times, just send an email to;

[rethinkswk@gmail.com](mailto:rethinkswk@gmail.com)

## **Rethink Advice and Information Service**

0808 801 0525

[advice@rethink.org](mailto:advice@rethink.org)

Mon - Fri: 9.30am - 4.00pm

[rethink.org](http://rethink.org)

**Rethink  
Mental  
Illness.**

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