



# A better life

for everyone severely  
affected by mental illness

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

Rethink  
Mental  
Illness.

# Rethink Mental Illness

Rethink Mental Illness is a charity that improves the lives of people severely affected by mental illness through local groups and services, expert information and training and successful campaigning.

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Katie, 23, London

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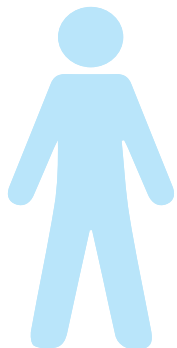
“Since being out of hospital it is so nice to be placed in a very caring, kind and supported environment to keep me well... Whenever I have had to speak to staff I have always been listened to.”

## Our service offer:

- Recognising gaps in provision and responding to these, we are committed to only delivering services where we know that we can provide the best quality care and support for people.
- Services that keep people safe and well in the community, prevent their needs from escalating, support independent living and empower people to know their rights and to access the support and care that they are entitled to.
- Our aim is to deliver “a better life” for people severely affected by mental illness by meeting not just their mental health needs, but also supporting their physical health needs, their place within their community and their right for control over their lives.

## Advocacy

# 5,361



**Supported 5,361 people in 2017/18**

In care homes, hospitals, local communities and secure settings, we empower people to say what they want, secure their rights, represent their interests and access services they need.

## Carer support

# 1,009

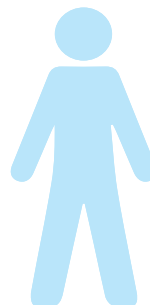


**Supported 1,009 people in 2017/18**

We offer a range of information and support to help carers, families and friends maintain and improve their wellbeing when caring for someone who is living with mental illness.

## Community services

# 4,134



**Supported 4,134 people in 2017/18**

Our range of community support services give people severely affected by mental illness access to personalised help that can rebuild their confidence and help them take part in social and workplace activities.

## Criminal justice and secure care

# 175

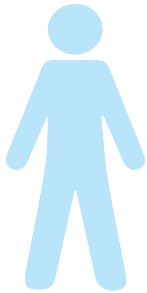


**Supported 175 people in 2017/18**

Before, during and after prison, people living with mental illness and their families often require specialist support. We provide this expert help through a range of services.

## Crisis, recovery and nursing

# 4,282



**Supported 4,282 people  
in 2017/18**

We provide safe, therapeutic spaces with specialist support for people who are facing a mental health crisis or who have left hospital after being an inpatient.

## Housing services

# 1,975



**Supported 1,975 people  
in 2017/18**

Our range of housing services can play a key role in improving mental health, preventing homelessness, reducing isolation and giving people the skills to look after themselves.

We can also facilitate the involvement of service users in the design and delivery of the mental health services you commission. This would help maximise the quality and efficiency of your services by rooting them in the needs of your populations.

## Find out more

Let our expertise help you commission your next service.

For more details, please email [servicedevelopment@rethink.org](mailto:servicedevelopment@rethink.org) or call 020 7840 3039



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Rethink Mental Illness is a partner in:



let's end mental health discrimination

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