

About Rethink Mental Illness

Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. For more than 40 years we have brought people together to support each other. We run services and support groups that change people's lives and challenge attitudes about mental illness.

We directly support almost 60,000 people every year across England to get through crises, to live independently and to realise they are not alone. We give information and advice to 500,000 more and we change policy and attitudes for millions.



We believe in respecting and maintaining confidentiality. We will not share personal information unless we have your permission or we have a duty of care.

Funded by Dorset County Council.



Dorset County Council

Contact us

If you have any questions or would like to find out more about our service, please get in touch – we'd be delighted to hear from you!



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Leading the way to a better
quality of life for everyone
severely affected by mental illness.

For further information
on Rethink Mental Illness
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Dorset Carers Support Service (Mental Health)



“Before I contacted you I was really low. On your own there is no one to ask, and that’s where Rethink Mental Illness is invaluable. It’s the only place that offers support.”

“Without the support from you, I don’t know how I would have coped.”

Over a million people care for someone with a mental illness. Many suffer in silence and don’t know what help is available.

We can help you find out about your rights and connect with others who have been in a similar position. We can help you access funding for a short break or something else to help you cope with caring.

Sometimes, by just speaking to someone who understands what you may be going through or coping with on a daily basis, the stress or caring can be eased.

We have a team of carers’ support staff who work across Dorset providing support to carers in whichever way is best suited to each individual.

We also have a telephone information line you can ring to get information about who to contact and where to get help and advice about mental health concerns.



We provide:

- One-to-one meetings to talk through general or specific problems.
- Assistance and advocacy meetings with professionals.
- Information on mental health and services locally.
- Opportunity to meet with and get support from other carers locally.
- Support groups, activities and outings.
- Carer education and training.
- Individual therapeutic and emotional support for you and other family members.
- Information and advice on mental illnesses and mental health issues.

We can help you if:

- You care for someone with a mental illness.
- You are based in Dorset (excluding Bournemouth and Poole).

“This group is our lifeline.”