

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



# Rethink Mental Illness Manchester Group

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

For further information on Rethink Mental Illness  
Phone 0300 5000 927  
Email [info@rethink.org](mailto:info@rethink.org)

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



Affected by mental illness or supporting someone who is? Our groups - get involved.



The aim of the group is to bring together people with lived experience of mental health issues, their friends and family in a safe non-judgement environment.

We do many different activities from just coming along for a cuppa and a chat to informative speakers and social activities. You can be sure of a warm welcome.

**For more information please contact the group coordinator:**

**Mary Patel**

**Email: [rethinkmanchester@gmail.com](mailto:rethinkmanchester@gmail.com)**

**Call: 07546928326**

Follow us on twitter (**[@MCR\\_mhgroup](https://twitter.com/MCR_mhgroup)**) or email us if you would like to receive our monthly newsletter

We also have a blog:

**[www.rethinkmanchester.blogspot.com](http://www.rethinkmanchester.blogspot.com)**

'Many Rethink mental illness groups are run by people with lived experience, carers or family members. Group members listen and share experiences but do not give advice. Groups may provide details of agencies whose role it is to provide advice.'

The group meets monthly on the second Thursday between 6pm and 7.30pm at



Old Bank Building  
Hanover Street  
Manchester  
M60 0AB

### 2019 Meeting Dates

Thursday 10 <sup>th</sup> January	Thursday 11 <sup>th</sup> July
Thursday 14 <sup>th</sup> February	Thursday 8 <sup>th</sup> August
Thursday 14 <sup>th</sup> March	Thursday 12 <sup>th</sup> September
Thursday 11 <sup>th</sup> April	Thursday 10 <sup>th</sup> October
Thursday 9 <sup>th</sup> May	Thursday 14 <sup>th</sup> November
Thursday 13 <sup>th</sup> June	Thursday 12 <sup>th</sup> December

Our Rethink Mental Illness Advice & Information Service can help with a wide range of issues affecting people with mental illness, their family, friends and carers. You can contact them by calling 0300 5000 927 between 9.30am – 4.00pm, Monday – Friday (but not on bank holidays) or email them via our website [www.rethink.org](http://www.rethink.org)

For free factsheets visit [www.rethink.org](http://www.rethink.org). Rethink Mental Illness Supporter Care team are contactable for General Enquiries, Membership and Donations on 0121