

Rethink Mental Illness Manchester Group



**6pm to 7.30pm on the second
Thursday of every month**

Rethink Manchester Group is a safe and friendly place for people who have lived experience of mental illness and their family to meet others in similar situations, get strength from each other and find information 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.



Where and when we meet

Old Bank Building, Hanover Street
Manchester, M60 0AB

2 minute walk from Both Manchester
Victoria Station and from Shudehill Metrolink
and Bus Interchange

For more information or to request our
monthly newsletter please contact Group
Coordinator Mary Patel on 07546 928326 or
email rethinkmanchester@gmail.com.

Search for us on Twitter (@MCR_mhgroup)

Read our Blog:
www.rethinkmanchester.blogspot.com

Supporting you to understand and improve
your ability to live with mental illness and
recover a better quality of life.

Together We're Stronger



“ 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. ”

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 to 4.00pm, Monday to Friday (but not on bank holidays) or email them via our website www.rethink.org. For free factsheets visit www.rethink.org. Rethink Mental Illness Supporter Care team are contactable for General Enquiries, Membership and Donations on 0121 522 7007 or info@rethink.org

Registered Charity Number 271028