

Rethink Mental Illness is a charity that believes a better life is possible for 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 we challenge attitudes about mental illness.



Who cares? Support Group

Supporting each other



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



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

For further information
Telephone 0121 522 7007
Email info@rethink.org

www.rethink.org



Rethink Mental Illness is a partner in



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Who we are

The aim of the group is to provide an environment for people with family members/friends affected by an acute mental illness to meet in.

The group aims to provide empathy and reassurance in a non-judgemental way via mutual support from peers, helping to normalise experiences and reduce stigma. Providing a listening ear through friendship and social support, thus alleviating isolation.

The group is open to all, whether their relatives have enduring mental health conditions or those who are experiencing first episodes of mental health wellbeing.

‘It helps to know you are not alone’

We meet monthly on the first Tuesday of each month between 7pm – 9pm

At:

The Nations Trust
Oxford Street
Wellingborough
NN8 4JG

For more information please contact:

Christine Stead

Tel: 07510 114026

Email: wellingborogroup@rethink.org

Or christine.stead@rethink.org

'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 – please call 0300 5000 927, between 9.30am – 4.00pm, Monday – Friday (excluding bank holidays), or visit our website www.rethink.org

For free factsheets visit www.rethink.org/factsheets or contact 0300 5000 927.