

How you can change the way mental illness is treated

A simple guide to including
Rethink Mental Illness in your will

This is what we could achieve together

You can help to change the way mental illness is treated, by including a gift to Rethink Mental Illness in your will.

Better care and support

Everyone struggling with severe mental illness should be able to get the help they need and as soon as they need it, not months down the line.

Your legacy can help run our award-winning Advice and Information Service. It's not just a helpline – it's a lifeline for families struggling to find their way through NHS bureaucracy.

It's also the first point of call for many family members whose loved ones are displaying the first signs of a mental illness. They are distraught and bewildered by the behaviour of their loved ones, and don't know where to turn for help.

A system that's easier to navigate

Your legacy will help us work from the inside to make the health care system better, so no-one falls through the net.

Better mental health services

Many people don't want to be in hospital, but the sad fact is that mental health bed closures simply aren't being replaced by support in the community. Your legacy will help us fill some of the gaps.

Through our national network of peer support groups, you can help carers as well as people coping with mental illness.

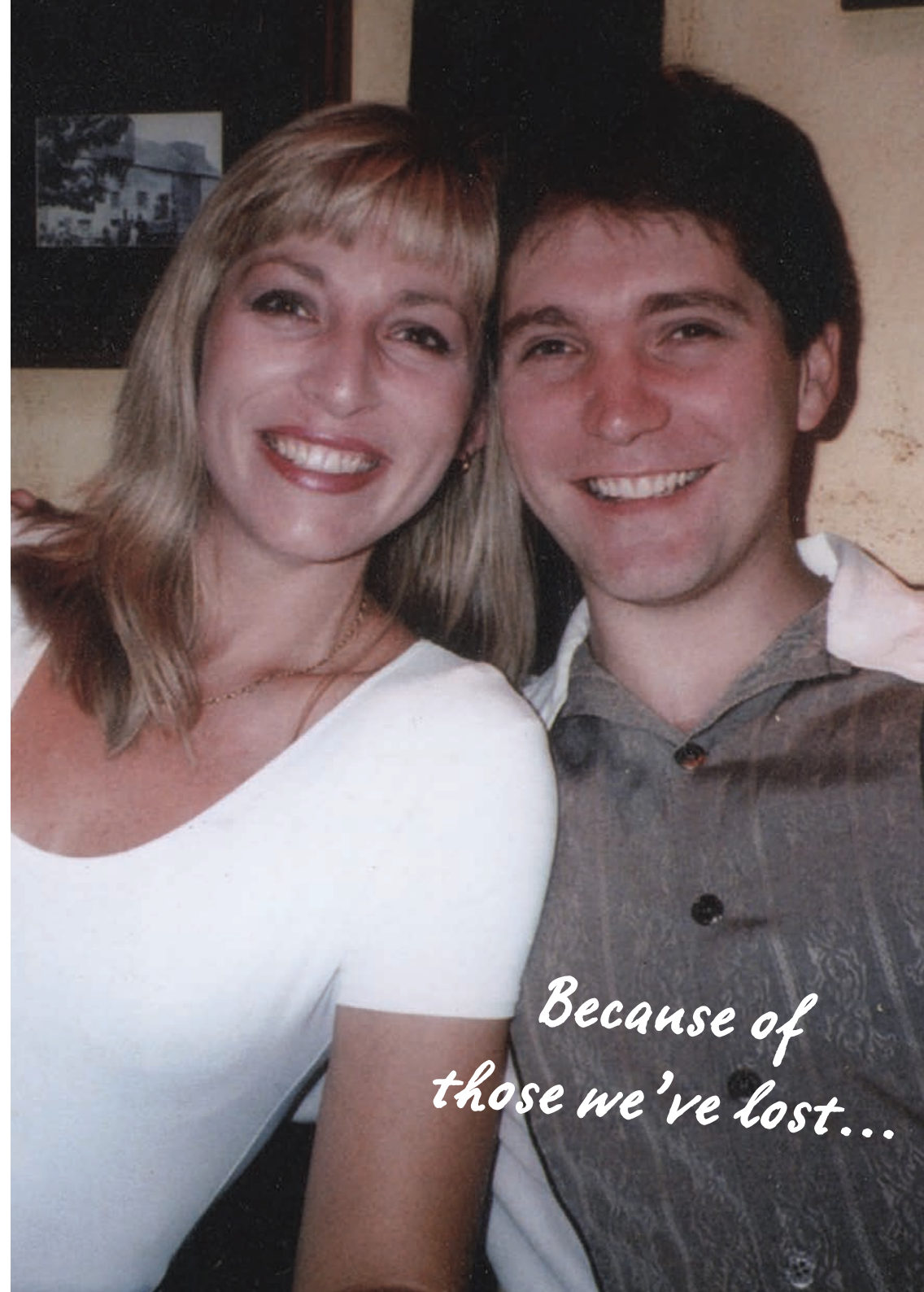
No more injustice and prejudice

Mental health is finally coming out of the shadows. Celebrities are starting to talk about their own experiences. Employers are asking how they can support their staff.

But there is still a long way to go.

Your legacy can help work towards a day when mental illness is treated the same way as physical illness, with people getting the immediate treatment they need.

Together we can make all this possible.



*Because of
those we've lost...*



*Because of
those we've
saved...*

It's easy to include Rethink Mental Illness in your will

There are just six simple steps:

1) Make a list of what you own

Write down your assets such as your house, investments and valuables and add up how much they're worth. Then subtract any debts like a mortgage, loan, overdraft or credit cards to give yourself a total.

2) Decide who to leave them to

Make a list of everyone you'd like to benefit and what you'd like them to receive.

3) Consider a gift to Rethink Mental Illness

Of course your family comes first, but you can include a gift to help people living with severe mental illness. Because if we don't, who will?

4) Ask two people to be your executors

One can be a solicitor (who will charge) and you could also ask a relative or friend (who can still benefit from your will).

5) Visit a solicitor or will writer

It's always best to have your will drawn up by a professional and you could even have it drawn up free of charge. Call us on 020 7840 3032 and we'll be happy to talk you through the options.

6) Return the reply card

Please share your thoughts about leaving us a legacy and, if you'd like, your story about your connection with mental illness.

These are the words you need

To leave a cash gift

This is when you make a gift of a specific sum of money.

I give (insert amount) to Rethink Mental Illness (Registered Charity no. 271028), 89 Albert Embankment, Vauxhall, London SE1 7TP to be applied for its general purpose and the receipt of the Honorary Treasurer or other proper officer for the time being of Rethink Mental Illness shall be a complete discharge to my executors.

To leave a share of what's left

Or you can leave a percentage of whatever's left after all debts and taxes have been paid and any specific gifts made.

I give (insert percentage) of my residuary estate to Rethink Mental Illness (Registered Charity no. 271028), 89 Albert Embankment, Vauxhall, London SE1 7TP to be applied for its general purpose and the receipt of the Honorary Treasurer or other proper officer for the time being of Rethink Mental Illness shall be a complete discharge to my executors.

If you have any questions at all, please do not hesitate to contact us on 020 7840 3032 or email legacyinfo@rethink.org

Thank you for helping to change how mental illness is treated



It's down to us. If we don't who will?

We don't want others to go through what we did

That's why we're leaving a legacy to Rethink Mental Illness

"Rethink Mental Illness have helped and guided us at every stage. I truly believe my son wouldn't be alive today without them."

Susan's son Chris was diagnosed with schizophrenia when he was just 17 years old.

"Their Siblings Support Groups help us cope with an illness that is complex, traumatising and constantly demanding."

Katherine's sister Laura was diagnosed with schizophrenia in her late teens.

"I don't want another young person to suffer like Charlotte. No brother to lose their sister, grandparent to lose their grandchild, or parent to lose their child like I did."

Sue's daughter was diagnosed with Borderline Personality Disorder and took her own life at the age of 19.

Our stories



To Supporters of
Rethink Mental Illness



This is a photo of my brother Mark. He was two years older than me and was so bright that he got a scholarship to study chemistry at Oxford when he was just 16. But that's when things started to unravel.

He started to spend time on the streets. He even lived in the forest for a while with all his chemistry textbooks. He was in and out of various institutions for twenty years but didn't get the treatment he needed or even any diagnosis at all.

Finally, after many years, he was diagnosed with schizophrenia and got the medication and support he needed. His life changed. He got married, began living independently and started studying for a PhD.

But in the last months of his life he was

under a lot of stress. At the same time, the excellent support he'd been getting from social services had pretty much stopped.

Mark went to his GP several times complaining of chest pains, but he wasn't taken seriously because he had schizophrenia. On the last day of his life, he went to the doctor, was sent home, and died from a massive heart attack.

People with schizophrenia die, on average, 20 years before their time. By remembering Rethink Mental Illness in our wills, we can campaign for better awareness of mental illness, so that people like my brother get the help and support they need before they fall through the net.

Please do consider it.

Thank you.



My wife was diagnosed with bi-polar 30 years ago and she attends a local support group, while I rarely miss a meeting of our local Rethink Carer group. The guidance and support I've received has been superb - I only wish that health professionals had told me about it years ago!

We're encouraged to bring our loved ones to the meetings if they wish to come, and we've made some very good friends through the group - even meeting up for a weekly cycle ride. That's something my wife and I would never have dreamed of doing if it hadn't been for Rethink Mental Illness.

I now organise a yearly sponsored cycle ride to help raise funds. Rethink Mental Illness really do need every pound we can spare in our wills.

Paul



To supporters of
Rethink Mental Illness

[REDACTED]

I'm Luke and this is my story.

I started to hear voices when I was about 12. They would come in episodes of about half an hour to an hour – really negative and critical – like your own worst thoughts coming back to you.

I tried talking to a teacher at my school but they told me I shouldn't joke about things that couldn't happen. So I did anything I could to try and control it, like playing a lot of video games and not seeing anyone. I didn't want to admit that there was something wrong with me.

I went to university but dropped out. But finally, after a huge black out lasting over 24 hours, I knew I needed help.

I first learned about **Rethink Mental Illness** just after I was diagnosed with depression and psychosis. Through their Early Intervention in Psychosis team I've been able to talk to people of a similar age, who know what it's like to live with mental illness. Thanks to the group, I have a much greater understanding of my illness – not just my limitations but also what I can achieve.

I know that the group is struggling for funds and money is tight, so I've been fundraising – doing events like the *Tough Mudder*.

I remember when I was trying to work out what I had – searching around aimlessly and not being able to pinpoint what it was.

It's really important that we raise awareness of mental illness and the help you can receive.

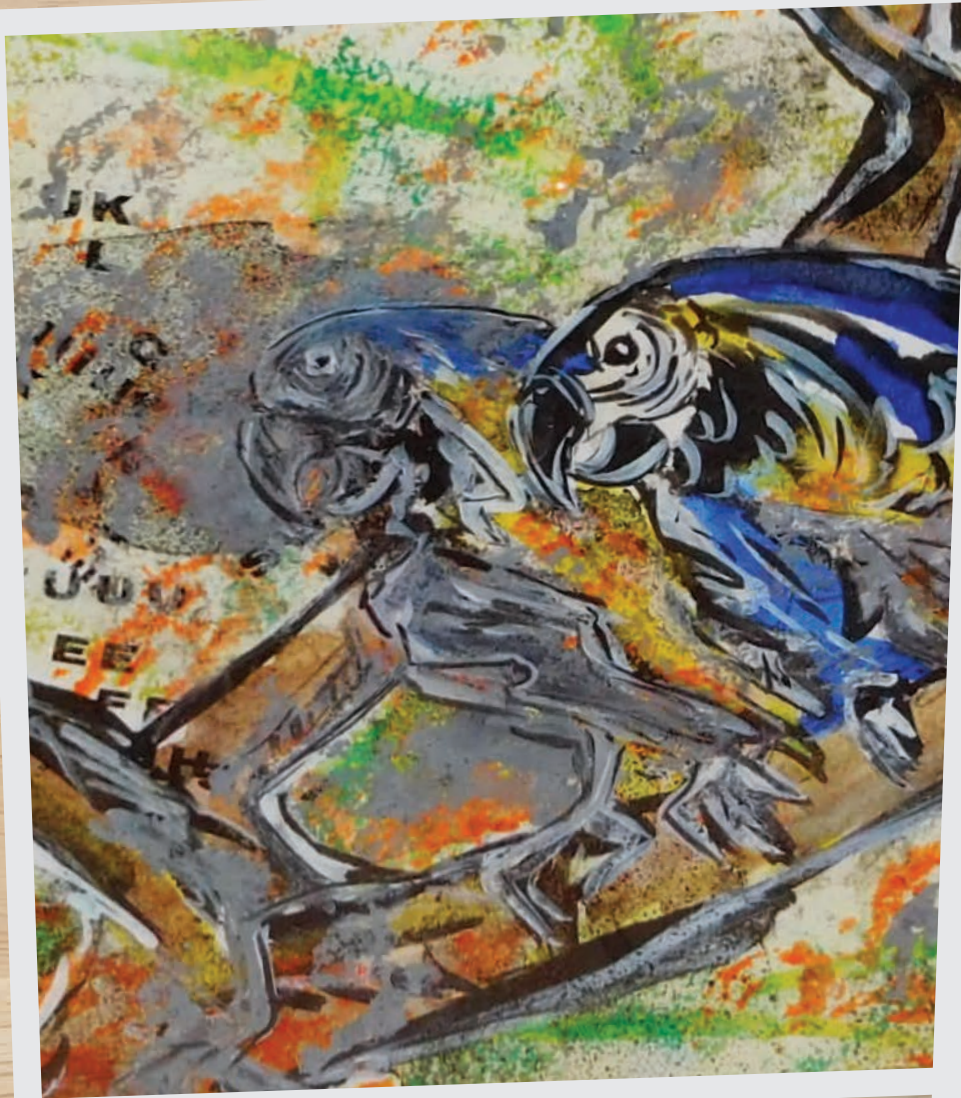
Since I started posting about my own mental health, loads of friends have messaged me about their own mental health.

We need to spread the word and make lives better for people.

Luke



Drenched and exhausted – but I did it!



Dear Friend

I'm writing to tell you about our eldest son Mark.

Twenty-seven years ago, he had to leave art school because he became so unwell. He then got a gardening job – but was sacked for talking to the plants! He ended up at home, in his bedroom, completely absorbed in his own world.

Sometimes it sounded as if there were six people upstairs because Mark would be talking loudly in so many different voices. It was frightening.

After I read an article that mentioned schizophrenia, I called Rethink Mental Illness and it all started to make sense.

Since then I've used their advice line many times when things got tough. I've even made friends in the same situation as me through one of their carer support groups.

I now run an art group for people with mental illness who love art, like Mark does, and you can see us in the photo below. It's tough to raise the funds to get materials or even just to rent a welcome space so people can feel safe with people who understand.

There's also a copy of one of Mark's artworks attached for you to see. Anything you can spare with a gift in your will goes towards helping people affected by mental illness to live better lives – and that's got to be a gift worth making, hasn't it?

Trina



*Please share
your thoughts*

Rethink
Mental
Illness.

Anything you tell us today isn't legally binding and is entirely confidential, but we would like the opportunity to thank you for your support.

- ☐ **I have already remembered
Rethink Mental Illness in my will**
- ☐ **I am planning to include Rethink Mental Illness in my will**
- ☐ **This way of giving is not for me**

Name _____

Address _____

Postcode _____

Phone _____

Email _____

We'd love to keep in touch with you about the work we do, and how your support (both financial and non-financial) could help more people severely affected by mental illness. In short, we think you might like to keep hearing from us. If this is true, please tell us how below, and return the form back to us at FREEPOST Rethink Mental Illness - thank you! (Please rest assured, regardless, we will still contact you about what you've asked us today.)

Yes I'm happy to hear from Rethink Mental Illness by:

Email ☐ Phone ☐ SMS (Text) ☐

If you return this form, we will contact you by post about how you can support us. Tick the box below if you'd like to opt out.

No, I don't want to hear from Rethink Mental Illness by Post: ☐

Please go to www.rethink.org/privacy for more details.

Your details are safe with us – we will never sell your details to any third party. Any choices you make on this page will overwrite any previous preferences you told us. This helps us record the most up-to-date information for you. If you ever change your mind about these choices, you can update your contact preferences at any time by calling us on 0121 522 7007, emailing us on supportercare@rethink.org or writing to us at: FREEPOST Rethink Mental Illness.

Thank you

Please share your story

Please use extra pages if you wish and add your details overleaf.
Your story will be kept entirely confidential unless you give your permission.

☐

I am happy for you to contact me about my story.



Rethink
Mental
Illness.

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Challenging attitudes, changing lives.



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