

Equal opportunities

We believe that every individual has the right to share in the opportunities, enjoyment, challenges, and responsibilities of everyday life so far as he she has the potential to achieve this.

Black and minority ethnic carer support workers respond to the difficulties carers experience because of race, gender, disability, sexual orientation, religion or culture.

We also believe that recovery is possible for everybody affected by mental illness.

Confidentiality

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.



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.



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

For further information on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

 [facebook.com/rethinkcharity](https://www.facebook.com/rethinkcharity)

 twitter.com/rethink_

 www.rethink.org

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Asian language mental health helpline

એશિયનો માટે મેન્ટલ હેલ્થ હેલ્પ લાઇન
एशियन मेन्टल हैल्थ हैल्पलाइन
ਏਸ਼ੀਅਨ ਮੈਂਟਲ ਹੈਲਥ ਹੈਲਪਲਾਈਨ
ایشین مینٹل ہیلتھ ہیلپ لائن
এশিয়ান মানসিক স্বাস্থ্য হেল্পলাইন



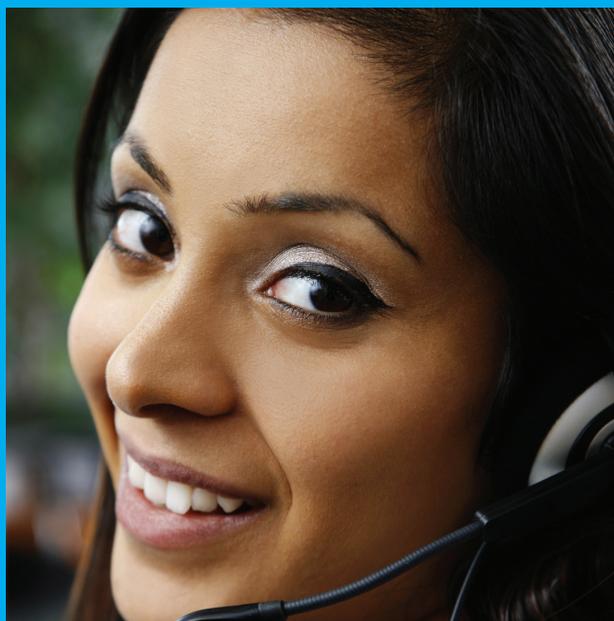
Confidential Freephone
0808 800 2073

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Monday and Wednesday,
4pm to 7pm

Tuesday and Thursday,
12pm to 3pm

(including bank holidays)



Who has a mental health problem?

Did you know that any person could experience at least one of the common mental illnesses such as **depression** or **anxiety** at any time in their lives? Mental illness affects not only the person experiencing mental ill health but also their **family, friends** and **workmates**.

Who can call?

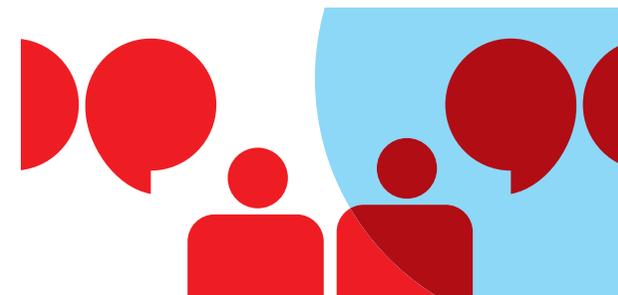
If you are facing a **minor or major crisis** in your life then give us a call, you do not need to have a diagnosed mental health problem. The helpline is also for anyone who is worried about a friend or a relative. Professionals can call too to find out about local services.

Why have an Asian Health helpline

Talking about mental health is often **taboo** in black and minority communities and accessing information can be **difficult** if there are language and cultural barriers.

Our helpline listens, supports and provides information in Asian languages. We can help carers, relatives, professionals and friends too.

We can give you caring, non-judgemental, empathic support and encourage you to cope with their issues in a positive way.



Who answers the phone?

The phones are answered by volunteer operators. The volunteers have been through a comprehensive training program and are supported and supervised by experienced staff. Volunteers on the Asian Mental Health Helpline speak English and at least one of the Asian languages.

Is the service confidential?

You don't have to give your name and our telephone system prevents calls from being traced and monitored.

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

Our Freephone (from BT landlines) number will not appear on BT phone bills.



Rethink Mental Illness is a partner in:

time to change

let's end mental health discrimination