

**Rethink
Mental
Illness.**

Doncaster Helpline

**A telephone support service for anyone
affected by mental health issues.**

**The service also supports
carers of people with dementia.**

**Freephone 0808 801 0442
24 hours a day, 7 days a week.**

Calls to the helpline are free. If you call from a mobile your provider may charge and the call might appear on your bill.

www.rethink.org

Registered Charity Number 271028