

How you can
change the way
mental illness
is treated

A simple guide to including
Rethink Mental Illness in your Will

The logo for Rethink Mental Illness, featuring the text "Rethink Mental Illness." in a blue, sans-serif font, enclosed within a white circle.

Rethink
Mental
Illness.

This is what we could achieve together

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

Better care and support

Anyone experiencing 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 health and benefits systems.

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 healthcare 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

If you wish, you can link a cash gift to the cost of living, so it doesn't reduce in value over time.

I give (insert amount) of my residuary estate to Rethink Mental Illness (Registered Charity no. 271028), 28 Albert Embankment, London, SE1 7GR 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), 28 Albert Embankment, London, SE1 7GR 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.

A woman with a headscarf is smiling and holding a white mug. The background is a blurred indoor setting.

*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

“I feel that if I leave what I have to Rethink Mental Illness, they have the determination, expertise and perseverance to fight to get mental illness the attention that it needs.”

Ernestine was the primary carer for her younger brother who lived with schizophrenia

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

Eleanor's sister Shirley was diagnosed with schizophrenia in her late teens



rethink.org/wewill

Registered in England Number 1227970. Registered Charity Number 271028.

For privacy purposes, names have been changed and models have been used in all photographs.

Our stories

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We're so thankful to Andrew's father for leaving a gift in his will to continue our vital work.

Daniel.

Every penny left in wills really does make a difference.

Dear friend,

My sister Shirley loved drawing - creating vivid landscapes and touching animal sketches, working just with coloured felt tips. She was also passionate about country music, Johnny Cash in particular.



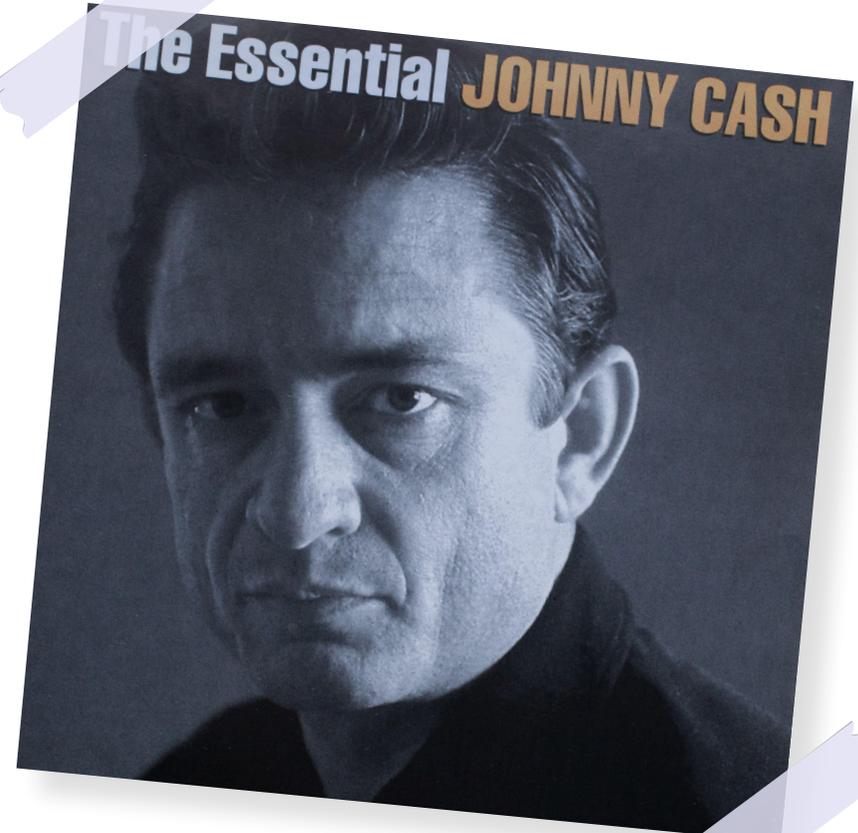
Despite all the odds stacked against her, Shirley had a tremendous spirit and showed vast tenacity, despite profound mental illness. We are enormously proud of her. I've included her photo to show you.

I faced so many challenges in making sure that my sister was treated as a human being, just trying to live her life the best way she could.

Thankfully, Rethink Mental Illness helped me negotiate our healthcare system. If you have a family member or friend with mental illness, you'll know this kind of help is priceless.

With gifts in our wills, we can make the changes we need to see for people with mental illness. I know how much it will be appreciated by families like mine.

Eleanor



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