



Response magazine  
for supporters of  
Rethink Mental Illness

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We hope that the money  
raised directly impacts  
those who need it most.

Rethink  
Mental  
Illness.

*Inside...*

Thanking our  
amazing supporters!



Response is produced by the Fundraising team at Rethink Mental Illness.

Chat to us about supporting Rethink Mental Illness, email [supportercare@rethink.org](mailto:supportercare@rethink.org) or call 0121 522 7007.

Have you got an amazing fundraising story to tell? Email your photos and story to [events@rethink.org](mailto:events@rethink.org)

If you'd like to share your own experience of living with mental illness, then please send your story to [LivedExperience@rethink.org](mailto:LivedExperience@rethink.org)

**Rethink  
Mental  
Illness.**

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



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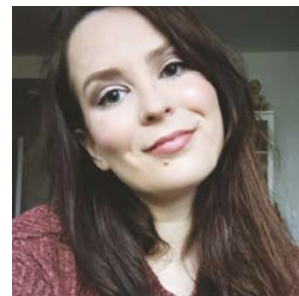
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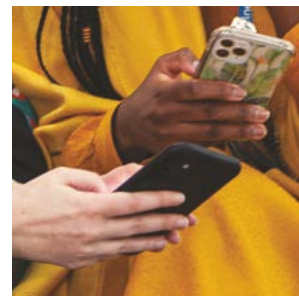
**Hollie's story:** Making sense of grief with support from Rethink Mental Illness' suicide bereavement service.



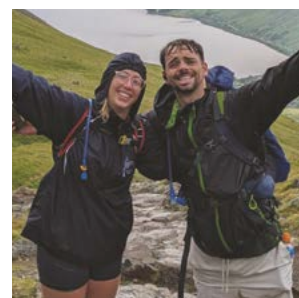
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**We couldn't  
do it without  
you...**

**THANK YOU!**

Response is our opportunity to say thank you. Because of your generous support, our services and resources continue to support people living with mental illness, along with their loved ones.

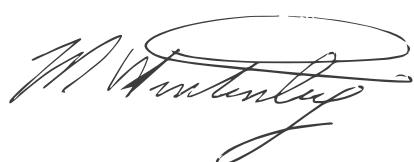
In this edition, Hollie's tells her story and how she sought to make sense of her grief at a Rethink Mental Illness Bereavement Support group following her father's passing. We also offer some guidance if you are struggling, as we mark World Suicide Prevention Day.

We wanted to share with you the news of our recent Race Equality Matters Trailblazer award – recognition of progress towards our mission to become an anti-racist organisation. And celebrate all your successes too, as you've been busy with fantastic fundraising efforts.

There is also a feature from Reverend Teresa Rutterford, who has set up a tribute fund in memory of her son Jerome.

Once again, thank you for your continued kindness and generosity.

With very best wishes,



Mark Winstanley  
Chief Executive





“

**Seeing my counsellor  
once a week was a  
lifeline...**

“After losing her father to suicide, Hollie accessed Rethink Mental Illness’ suicide bereavement service. With the support from her counsellor, Hollie was able to make sense of her grief, manage her own anxiety disorder and publish a memoir about her experiences.”

"When I found the suicide bereavement service through Rethink Camden, it was coming up to a year since I lost my dad to suicide. By then, I was having regular panic attacks, something I hadn't experienced for some years. I was also experiencing depersonalisation and derealisation, and frequent nightmares that left me close to exhaustion.



## **Leaving the house became difficult, and there were weeks at a time when it was insurmountable.**

I was on furlough from my job in a museum and the thought of having to return had me immobilised with anxiety. There was also the inquest to come, which was weighing very heavily on my mind. The physical symptoms that I hoped would get better had only worsened.

My workplace offered me six counselling sessions, but they couldn't support a continuation as they said my bereavement was not a work-related issue. I felt abandoned and knew that I could not afford a private therapist. Then I received an email from Rethink Camden who announced that they'd be launching a free counselling service, specifically for suicide bereavement. I asked to be put on the waiting list and a few months later I was given a place.

Seeing my counsellor Beckie once a week was a lifeline. The fact that the course of counselling offered by Rethink could take place over zoom or on the phone was vital; I simply don't think I would have been able to attend face-to-face sessions at that time.

She gave me lots of practical help, like talking through what happens at an inquest, providing fact sheets about grief theories and different meditation techniques, as well as flagging up special occasions like Christmas well ahead of time so that we would have a plan in place.

I am deeply grateful for Beckie's suggestion to create a memory box for my dad. I didn't want to do it at the time and yet had I not, the pain would have caused me to throw away many of the items that I now cherish so much.

My panic attacks are now a rare and more tolerable occurrence. Unhelpful cognitive distortions and a hyperfocus on perceived missteps - 'I should have done more' etc - are areas that I, like many suicide bereaved, continue to struggle with. Most days I am able to believe that no one is the sole influence on another person's life, and that helps with any feelings of guilt.

Even after the programme was over, Beckie still checked in and I never felt like I was abandoned. Some months later I had a serious dip in my mental health. Many of the tools I learnt through Rethink helped to see me through that challenging time. Encouraged by Beckie, I kept writing. She helped get me to the place where I could understand that the aim of my book - to help prevent suicides and find unity with those suffering this type of loss - was valid. Fortunately, I was able to finish my book, and I was so proud and happy to tell Beckie about it."

**If you have been affected by suicide, find help at [rethink.org/bereavement](https://rethink.org/bereavement)**




**Be aware  
of your  
triggers**

# **World Suicide Prevention Day**

**10 September 2023**

In the UK, men are three times as likely to die by suicide than women. In the Republic of Ireland, the rate is four times higher among men than women. While there has been a reduction in the number of people completing suicide over the last ten years, the numbers are still worryingly high. World Suicide Prevention Day aims to start the conversation about suicide and to show that recovery is possible.





## If you or someone you know are struggling with suicidal thoughts, here are some tools to help:

**Don't make a decision today.** You don't need to act on your thoughts right now. You may have had these thoughts before, but you feel less able to cope today. You might find that you are more able to cope in a few days.

**Talk to other people.** It could be helpful for you to talk to someone about how you're feeling. There are different people who can help. You could speak to friends, family, or your GP.

**Distract yourself.** If you focus on your suicidal thoughts, it might make them feel stronger and harder to cope with. Try doing things that you enjoy to distract you.

**Be aware of your triggers.** Triggers are things which might make you feel worse. Triggers are different for different people. You may find that certain music, photos or films make you feel worse. Try to stay away from these.

**Stay away from drugs and alcohol.** Alcohol and drugs affect the parts of your brain that control judgement, concentration, behaviours and emotions. They can make you more likely to act on suicidal thoughts.

If you're worried about someone else, let them know that you care about them and that they are not alone. **Be non-judgemental. Do not criticise or blame them.** Reassure them that they will not feel like this forever.

**Remember that reaching out can help.** If you're worried about yourself or a friend, our Get Help page has a list of resources and organisations for support.

*Find out more*  
[rethink.org/helpnow](https://rethink.org/helpnow)





**The charity has been awarded**



The charity has been awarded bronze status by



**Rethink Mental Illness has received formal recognition from a panel of independent judges for our work tackling racial inequality.**

We have been awarded bronze status by Race Equality Matters, the first stage in a series of awards recognising meaningful action to drive race equality within organisations.

The judging panel, made up of people from ethnically diverse backgrounds who all have experienced racial inequality in the workplace, independently considered the range of initiatives that the charity has put in place to truly embed anti-racism into its organisational culture.

Following the murder of George Floyd, and recognising the disproportionate treatment that Black, Asian and minority ethnic people continue to face within mental health services and wider society, Rethink Mental Illness set out to become an anti-racist employer, campaigning organisation and service provider in 2021. We commissioned an independent review and have been addressing the recommendations made by this review through our Race Equality Action plan.

Steps taken and recognised by the judging panel include a new staff network to amplify the voices of ethnic minority



employees, and the creation of listening circles to provide a safe space to come together to learn. There has also been an improvement in representation of ethnic minority employees at senior levels of the organisation, while a mutual mentoring scheme where ethnic minority staff shadow senior leaders to help with their career progression has received positive feedback on its impact.

More inclusive recruitment processes are being developed while internal policies and procedures have been strengthened. We are also working hard to remove barriers to Black and other minoritised communities accessing support through its services and have implemented plans to embed best practice in matters related to diversity, equity and inclusion.



#my name is:

**PEE-TUH AL-AIN**

**Peter Alleyne, Director of Equity, Inclusion and Involvement, said:**

"Race Equality Matters is a highly regarded organisation in its field and achieving this status is more than just an award, it's an honest assessment by an ethnically diverse panel of judges on what we are doing to make a meaningful impact on race equality. This external benchmarking is critical because it means we aren't marking our own homework when we assess our progress in meeting our anti-racism commitments. In achieving this award, we find ourselves in good company with other trailblazers and organisations across different sectors. It's incredibly positive news for the charity and a truly positive step in our journey to becoming an anti-racist organisation."



#my name is:

**MAR-C WIN-STAN-LE**

**Mark Winstanley, Chief Executive of Rethink Mental Illness, added:**

"When we set out to become a truly anti-racist organisation, we knew that actions would speak louder than words. That is why we're delivering on our Race Equality Action plan, supported by the hard work of colleagues at every level of our organisation. We're pleased to receive this recognition from Race Equality Matters' panel of independent judges, but we know that there is still work to be done, and that we must remain accountable. I am confident that with the enthusiasm and openness we will continue to make tangible progress."

Lea , Kay, Josh and Tom

# Take on the Three Peaks Challenge

"On Sunday 25 June, the four of us took on the Three Peaks Challenge, raising money for Rethink Mental Illness. We did this in memory of Denise Donovan, Kay and Lea's mum, who lost her battle with mental illness in 2020. We set off at 7am on Sunday morning, and 23 hours and 19 minutes later, following a hailstorm, thunder and lightning, fog and rain we finished - soaked through but absolutely elated. Completing 37km walking distance, over 10,000ft elevation gain and 10 hours squashed into a car between three mountains, it was by far the hardest physical challenge we've ever done.

We all pulled together as a team and supported each other during the toughest sections, with one clear goal in mind. We wanted to raise as much money as we could for Rethink Mental Illness, an incredible charity that supports those struggling with mental illness. Kay and Lea's Mum is missed every single day, and hope that the money raised directly impacts those who need it most."







## TOUGH MUDDER

Paul Derriscott took on Tough Mudder in June in memory of his sister Lisa and raised an **AMAZING £570**. Paul said: "I loved it. It was tough in the heat and with the longer distance and number of obstacles, but we all completed it."



**Anjali Khanna and her mother have baked over 100 cookies in memory of Anjali's friend Kristen:**

"One of the fondest memories of Kristen that my mother and I both share is of Kristen's birthday two years ago. She baked fresh cookies for everyone and insisted that I take some home to share with my mother. My mother would affectionately refer to Kristen henceforth as "your friend who makes delicious cookies!" ***It is my goal to make sure that others do not have to struggle like she did and that is why I am choosing to support Rethink Mental Illness.***

# SIGN UP TODAY!

To take part in an organised event, or plan your own unique fundraiser today at [rethink.org/fundraise](https://rethink.org/fundraise)



# Come rain or shine

## London to Brighton success



On 18 June our biggest ever London to Brighton team cycled an incredible 55 miles from London to Brighton and raised over £9,000 for Rethink Mental Illness. Our forty supporters cycled through sunshine and heavy downpours and were greeted in Brighton by the cheers of our support team.

"The last mile and then crossing that finish line felt almost euphoric, I loved every minute," said Dijon Foster-Brooker. "I completed the bike ride with a young person in care that I work with. Seeing him so happy, waving to people, talking and laughing with other cyclists, was something that made me exceptionally proud. He said to me that he never believed someone like him would ever be able to do something like that. So what a remarkable achievement that both of us will never forget."

**Thank you to everyone on the team for your brilliant support and fundraising.**

*You're amazing.*

Feeling *inspired* to take on a challenge for Rethink Mental Illness?

Find out more at [rethink.org/fundraise](https://rethink.org/fundraise)





*Will you*

**GIVE A GIFT**

**in your will to  
Rethink Mental Illness?**

**FREE WILLS  
MONTH**

helping great charities

### **Will you give a gift in your will to Rethink Mental Illness?**

Did you know that October is National Free Wills Month? As a supporter of Rethink Mental Illness we can arrange your will to be written for free. The process is easy and can be done in person, online or with telephone support.

When you come to write your will, you'll consider the people you love and the things in life that matter most to you. A gift in your will to Rethink Mental Illness costs nothing in your lifetime, but can transform the care of people severely affected by mental illness for generations to come.

Every year we support tens of thousands of people through our advice and information, services, and support groups. These are vital in helping people get through crises and live independently, but we couldn't fund these services without gifts in wills.

### **Write your will for free today**

We have two free will-writing offers for Rethink Mental Illness supporters:

#### **National Free Wills Network**

We have teamed up with the National Free Wills Network who have links with will-writing specialist solicitors across the country. Contact our Legacy and In Memory Manager to arrange your referral, and you'll be sent a pack including a list of your nearest participating solicitors. Choose your preferred solicitor, contact them to make your appointment and write your will for free.

#### **Farewill**

Our partnership with Farewill means you can write your will online or by telephone for free. Farewill are the UK's best rated will writing provider, every will is checked by a specialist and you can access live support from the comfort of your own home. To redeem your free will visit **farewill.com/rethink1** and enter the voucher code "Rethink1" at check-out.

**Together, we can make sure no-one faces mental illness alone.**

*We're here to help*

If you would like more information on our free-will writing offers or remembering Rethink Mental Illness in your will, please get in touch with Nicole, our Legacy and In Memory Manager, at [legacyinfo@rethink.org](mailto:legacyinfo@rethink.org) or call 020 7840 3109.



*Celebrate*  
the life of a  
loved one

May their

**MEMORY LIVE ON ...**

When we lose someone, the memories of them impact everything we do.

Giving a gift in memory to honour a loved one is a wonderful way to keep their story alive, whilst supporting people experiencing severe mental illness.

Collectively celebrate the life of a loved one, by creating a Tribute Fund page as a space to share pictures, favourite sayings and music. These pages also provide the opportunity to make a memorial donation to support Rethink Mental Illness. This legacy enables their values and passions to continue to make an impact.

If you would like to setup a tribute fund or find out how to donate funeral proceedings in memory of a loved one, please email Geordine, our Supporter Engagement Officer, at **[supportercare@rethink.org](mailto:supportercare@rethink.org)**

Alternatively, you can donate in memory of someone via our website at **[rethink.org/inmemory](https://rethink.org/inmemory)**



# In memory of

## Jerome Rutterford

Jerome's mother, Reverend Teresa Rutterford, set up a tribute fund for her son after he died suddenly in 2018. Jerome lived with schizophrenia, and his family were particularly keen to raise money for the Rethink Mental Illness support services in Southend, who helped Jerome manage his illness.



The centre that Rethink ran offered a safe place where he was respected and valued – they treated him as a human being first and foremost and nothing ever fazed them. The activities offered by Rethink were the one thing that made Jerome's life both 'bigger' and 'better.' Jerome had so much difficulty in this life, but he always had a beautiful gentle soul, a caring heart, and a lovely smile. His friends described him as someone with a great sense of humour, as compassionate and kind.

**Jerome's tribute fund has raised over £9,000.**

This money will help ensure our support services continue to run and provide a haven for people experiencing mental illness.

# Thank you

## for making a difference

### Thank you for donating

Your generous donations help thousands of people every year, through our network of services, groups and helplines. Help more people today by donating at

[rethink.org/donate](https://rethink.org/donate)



### Thank you for fundraising

From walking to running, baking to skydiving, your events raise vital funds to support people living with mental illness. Set up your next fundraiser, visit

[rethink.org/fundraise](https://rethink.org/fundraise)



### Thank you for campaigning

By campaigning for the fair treatment and support of everyone affected by mental illness, you are challenging attitudes and changing lives. Sign up

[rethink.org/campaign](https://rethink.org/campaign)



## Get support

If you are struggling, our network of groups, services and advice lines are on hand to get you the support you need. Find help today [rethink.org/services](https://rethink.org/services)