



Response magazine  
Your supporter update  
March 2025



## Meet Liberty

“It was a personal milestone, not just for the achievement itself, but for **staying persistent in raising money for a cause I deeply care about.**”

**Rethink  
Mental  
Illness**



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

Call us to chat about supporting Rethink Mental Illness on **0207 840 3131** or email us at: **[SupporterCare@rethink.org](mailto:SupporterCare@rethink.org)**

Have you got an amazing fundraising tale 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**

We are the charity for people severely affected by mental illness, no matter what they're going through.

For further information on Rethink Mental Illness  
Phone: **0121 522 7007**  
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You can find us on:



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## *Hello and welcome to your spring edition of Response magazine*

**We may look a little different, but we still have the same mission of supporting everyone who is affected by mental illness.** People like you help to make this mission possible, and we hope this magazine shows you the difference your support makes.

In this edition, you will hear from some of our in-memory supporters about how they remember their loved ones. We know loss can be a difficult and bumpy journey, but **we are here to help you keep their memory alive.**

We recap our winter appeal that focused on raising awareness and funds for our housing services. **A huge thank you** if you were able to support our campaign, whether it was through donating or helping to raise awareness.

We talk about the importance of patient safety when being detained under the Mental Health Act, and how we are working towards 'cultures that care'. This includes how we are engaging with governing bodies, and how we are using the Black Mental Health Manifesto to inform change.

To mark **World Bipolar Day on 30 March**, we have featured Sach's story of living with bipolar disorder. She explains her experience of mania, and how she has moved into a more secure place by harnessing the power of gratitude.

Our featured fundraiser is the inspiring Liberty! She talks about what made her want to fundraise for us, and her incredible experiences taking on the Snowdon Triple Challenge and the Valencia Marathon.



**Tori with her cats Max and Mango**

“We hope this magazine shows just what an **impact you make on the lives of people living with mental illness.**”

**We can't thank you enough for your continued support, because it's thanks to you that we are able to do what we do.**

All the best,

**Tori Trigg,**  
Individual Giving Manager  
Fundraising Team



# What needs to be reformed to ensure *inpatient safety*?

When someone experiences a mental health crisis and must stay in hospital, there is an expectation that they are kept safe and treated with dignity during this confusing and frightening time.

Unfortunately, this is not always the case, as we know through Experts by Experience, their carers and from high-profile cases in the media over the past few years that illustrate the devastating consequences of a lack of patient safety.

**Here's how Rethink is working to improve patient safety for those of us severely affected by mental illness.**



## Workforce

To create safe and therapeutic inpatient environments, **we need a properly trained and managed workforce.**

The expanded mental health workforce which has been promised by successive governments needs to be implemented, and training needs to be informed by those living with mental illness and their carers.

We know that the use of agency staff who are unfamiliar with wards, patients and processes often causes disruption and prevents people forming the therapeutic relationships that are key in recovery. To prevent this, we want to see the use of agency staff reduced to zero by The Department of Health and Social Care.



## Culture

The idea of 'cultures that care' underpins the current NHS Quality Improvement Programme for mental health inpatient settings and asks staff to put the patient first. This includes **heavily reducing the use of restrictive practices such as physical and chemical restraint**, in line with the goals of the Use of Force Act. Often, patients are inappropriately placed miles away from their homes and communities, which is a practice we need to reduce to zero. **Transitions into and out of inpatient care can be confusing and upsetting, and there needs to be more supportive processes.** We want to empower patients, giving them the information and confidence they need to stand up for themselves and get the care they deserve.





## Accountability

There must be **robust oversight mechanisms implemented** to monitor and evaluate the safety of mental health inpatient settings and make sure there is accountability at every level. The Care Quality Commission (CQC) must continually improve its inspection practices through meaningful involvement of those living with mental illness and their advocates to ascertain safety issues.



## Legislation

Change starts from the top, and an accountable workforce with a positive culture must operate within **up to date and helpful guidance provided by the relevant governing bodies**. The new Mental Health Act will be a big first step towards achieving this, but other laws that affect people in inpatient care must be updated and implemented as efficiently and effectively as possible.

We need **more financial investment in the NHS, more staff and better training** to address these problems once and for all.

## Where do we go from here?

Rethink is currently working hard to **drive forward changes that improve patient safety** and improve care for people when they are in hospital because of their mental health:

- We are engaging with the CQC to make sure that monitoring and accountability practices are improved, and patients and their families can easily give feedback to services.
- Our Equity, Diversity, Inclusion and Involvement team have been a key role in the launch of the Black Mental Health Manifesto, which sets out how to achieve equity for Black communities, who consistently have poorer experiences of mental health treatment and outcomes.
- We have been closely involved in briefing politicians and working with sector partners to make sure that the new Mental Health Bill is both comprehensive and robust enough to keep people safe while detained.

We are seeing steps in the right direction, but there is still a long way to go. Too often we hear that inpatient mental health settings are primarily focused on day-to-day risk management, due to the failings outlined in this article. These issues are not new, and those of us with experience of inpatient care have been highlighting them for years.

**With your help, we can continue to push for a reform to patient safety.**





# Meet Liberty

## *A fundraising superstar*

Liberty started her fundraising journey in 2023 with the Snowdon Triple Challenge, where she biked, hiked, and kayaked 24.5 miles across Snowdonia National Park (Eryri). Since then she's taken on more challenges, her most recent being the 26.2 mile Valencia Marathon in 2024.

### **Why did you choose to fundraise for Rethink Mental Illness?**

Deciding to fundraise for Rethink has been one of the easiest decisions I've made. When my parent was sectioned in June 2022, I was thrust into the complexities surrounding mental illness. Although I grew up in a household where mental health was openly discussed, it quickly became clear that the broader world often lacks the empathy and understanding needed to genuinely support those affected.

Rethink's mission strongly aligns with my personal goal of improving the lives of everyone impacted by mental illness. Their work resonates with my belief that meaningful change requires not only direct support for those in need, but also fostering greater understanding across society.



### How did you approach your training for the Snowdon Triple and the Valencia Marathon, how did this differ for each event?



For me, sport has always been an outlet, but that's not to say training didn't come with its challenges! Lacking the confidence to take on the Snowdon Triple alone, I teamed up with my best friend Isaac. Our hikes became a safe space to discuss the challenges of mental illness, and those conversations inspired me to take on something bigger.

Over a year later, I ran a marathon with a goal of finishing in under four hours. This time, I wanted to do it solo to build confidence and grow as an advocate. After covering over 500 miles in training, crossing the finish line was even more meaningful—especially with my two best friends Isaac and Anna there to celebrate.

### How did it feel to take on two big events?



We completed the Snowdon Triple on a day of relentless bad weather, making the challenge a true test of resilience. Pushing through that experience gave me the confidence and motivation to face whatever challenges lay ahead. By the end of the day the sun was shining, and it was truly beautiful!

Crossing the finish line of the Valencia Marathon was unforgettable. At times, I doubted whether I'd hit my sub-4-hour goal, but I pushed through and finished in 3:53! It was a personal milestone, not just for the achievement itself, but also for staying persistent in raising money for a cause I deeply care about. I felt very emotional when I finished, and as soon as I had finished I wanted to do it all again!

### What did you do to fundraise for both events? What did you find had the biggest impact on your fundraising?



For both events, I relied on word of mouth and my friends and family. My grandma hosted a coffee morning on my behalf, where I shared insights about our struggles and highlighted Rethink's mission. One of my close friends also organised a portrait painting evening to support me. It was such a wholesome experience and made me realise just how many people across the UK are facing similar challenges.

### After cycling through Welsh farmlands, kayaking across lakes, and running in Valencia, what's next on your challenge list?



I'm eager to take on more challenges in the future, possibly a more demanding running challenge to build on all the hard work of last year.

Beyond that, I also want to focus my energy on driving meaningful change in workplaces and educational settings, helping others learn how to hold space for more open, supportive discussions. In the UK I believe we still have a long way to go, and I'm passionate about being part of that process.

**Feeling inspired to fundraise for Rethink?** Whether you want to take on an international marathon, climb Mt. Snowdon or host a coffee morning in your local community, let us know by emailing us at [Events@rethink.org](mailto:Events@rethink.org)

*We'd love to hear from you!*



## *Sach's story*

“

**Being grateful for  
the little things.”**

**Sach was diagnosed with bipolar disorder after experiencing her first manic episode. Despite a hospital admission and struggles with her mood, Sach is now in a much brighter place, finding joy in her day-to-day life.**



I was first diagnosed with depression and anxiety at 13. On the outside, I was seen as fun-loving, charismatic and bubbly, but on the inside, I was struggling with panic attacks, self-esteem, self-harm and suicidal ideations. Life seemed to be a never-ending cycle of depressive episodes, therapists and antidepressants. When I was 20, I found the right medication that worked for me and I was happy. **Little did I know this would be the start of a downward spiral.**

In 2022, I went on a ski trip with my friends. I was elated and having so much fun, but I was only getting two hours of sleep a night and was experiencing existential thoughts. When I returned home, I was exhausted but still couldn't sleep properly. Aside from the exhaustion, I was ecstatic: bouncing off the walls, talking fast, feeling super important, even thought I was a genius. I felt joy for the first time in almost a decade, and thought my depression and anxiety was cured.

I soon became out of control. My emotions became a whirlwind of anger and frustration at the people around me. My mum called 999 and I was taken to hospital. I was there for a whole day with a needle in my arm, anxiously waiting for a psychiatrist. I still couldn't sleep. I began crying, shouting and acting erratically.

I was then sectioned and detained in a psychiatric ward for two weeks. **It was traumatic - I was terrified each night, alone in a dark room, unaware of why I was there.** After leaving hospital, I was officially diagnosed with bipolar type 1 and the crisis team visited me at home for a few weeks.

After three months of being manic, I became severely depressed. It was the worst depression I'd ever experienced and at the worst time - whilst in my final year of university. I couldn't sit my exams or complete my dissertation because I was drowning in depression. **I lost myself completely.**

“

I want you to know that you are stronger than your ups and downs, bigger than your anguish; **that you are here for a reason.**”

I then went back on antidepressants and decided to repeat my final year at university. I took on several volunteering opportunities - first in Thailand, then in a school providing psychotherapy to children, and for Shout, a mental health crisis text service. I have now started a master's degree studying forensic psychology and mental health, and I'm eager to utilise my own journey to help others. **I can happily say that I am stable, content and at peace.**

Engaging in things I am passionate about has helped me battle my bipolar disorder. I love drawing, writing stories and helping others. What helped me the most though, was practicing gratitude; understanding that everything is temporary and expressing adoration for the special people in my life. Being grateful for the little things you have, even if it's a home cooked meal, can change your life.

**I encourage you to speak up about your tribulations, to connect with others and to be grateful for your existence.**

If you are inspired to share your own story of living with or caring for someone living with a mental illness, we would love to hear from you. Get in touch by emailing [LivedExperience@rethink.org](mailto:LivedExperience@rethink.org)

## Our winter appeal

# From Housing to Hope

Rethink's winter appeal focused on raising awareness for our vital housing services. We massively appreciate your help to ensure people living with mental illness have appropriate accommodation and support.



Thanks to your support, we were able to raise over

**£13,200**

It's hard to imagine facing housing uncertainty and trying to manage the daily challenges that can come along with living with a mental illness. Things like shopping, cooking and cleaning can become overwhelming when you don't have a strong community of support around you. **Rethink's solution is our vital housing services.**

Only

**58%**

of people currently in contact with community mental health services live in stable and appropriate accommodation.<sup>1</sup>

We have more than 60 homes across the country helping people living with mental illness find stability, build confidence and ultimately regain hope. **Everyone who stays in one of our homes is treated as an individual, because everyone's needs are different.**



We offer shared living spaces with staff on site, and self-contained flats that staff visit regularly.



Our incredible staff work on a one-to-one basis with residents, supporting them with day-to-day tasks.



Staff are trained to help identify residents' goals and aspirations, and help work towards them.

Every donation really does make a difference, so thank you again for contributing towards and helping to raise awareness of our campaign.

**Your generosity means that we can continue to be there for more people and provide that community of support when they need it most.**

But don't just take it from us, here's what Hugo said about one of our supported housing services, Sydney House:

“

The **patience and compassion of the staff** is a great reason why I feel I'm doing so well. I don't think I would have ever been where I currently am if it wasn't for them.”

1. Office of Health Improvement and Disparities (2021) Adults in contact with secondary mental health services who live in stable and appropriate accommodation.



# Remembering to heal:

## Finding comfort in the power of remembrance

Grief is messy, complicated, and deeply personal. One moment, you're managing it, and the next, a song or the scent of their favourite food can open the floodgates. At Rethink Mental Illness, we understand—there's no manual for navigating loss. It's a bumpy journey but **remembering your loved one can be a powerful way to find strength, healing, and balance.**

## The power of remembering

**Honouring someone's memory is about celebrating their life in meaningful ways.** Whether it's planting a tree, hosting a quiz night, or wearing their favourite colour every Friday, these acts bring comfort and keep their memory alive.

It feels good to talk about the people we love. Sharing memories creates connection and reminds us that we're not alone in our grief.

### So, how do you remember your loved one?

- Do you have quirky traditions that make you smile?
- Is there a ritual that helps you feel grounded?
- Maybe you've organised an event in their honour?



**Grief looks different for everyone.** Hear from some of our incredible in-memory champions who tell us the heartfelt ways they keep their loved ones' memories alive:

“

I wrote a poem to capture the grief and pain I felt after my son's passing - **it helped me release what my heart couldn't hold alone.**”

*Teresa*

“

I keep his favourite book on my nightstand - sometimes I read it, sometimes I just hold it. **It's my way of still keeping his voice close.**”

*Wendy*

“

I write letters to my brother, telling him about my day. **It helps me feel like I'm still having those conversations we never got to finish.**”

*Geordine*



If you're thinking about honouring your loved one through fundraising, we're here to help. There are many meaningful ways to celebrate their memory—whether it's a balloon release, marathon, or concert. **We'll be with you every step of the way.**

If you need ideas, support, or just a listening ear, reach out to Geordine or Nicole at **[RethinkRemembers@rethink.org](mailto:RethinkRemembers@rethink.org)**. Together, we can create something truly special, and your story might even inspire others to take their own step toward healing.

# Thank you for making a difference

## Donate to us

Your generous donations help thousands by funding our range of services. Donate via: [rethink.org/donate](https://rethink.org/donate)

## Fundraise for us

We love to see the creative events our fantastic fundraisers undertake! To set up your next fundraiser, email: [Events@rethink.org](mailto:Events@rethink.org)

## Campaign with us

Change lives by campaigning for the fair treatment of people living with mental illness. Sign up at [rethink.org/campaigns](https://rethink.org/campaigns)

## Become a member

Members receive exclusive benefits such as Your Voice magazine, regular webinars and a welcome pack. Sign up at [rethink.org/membership](https://rethink.org/membership)

## Need support?

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