



Recognise Me!

Do you support a friend or family member living with severe mental illness in secure services?

We recognise the feelings of frustration, isolation, and often stigma that can be experienced when supporting someone in that setting, not to mention how challenging and overwhelming it can be to navigate the secure care system.

Your're not alone, come and join us! We are a group of carers that **meet online the 3rd Wednesday of each month from 6pm - 7:30pm.**

rethink.org

We offer a safe relaxed space so members can talk freely and without judgment.

We provide support and encouragement to one another, share experiences, information, and learning, so our members feel less isolated and more empowered in what can be a very disempowering position.

For more information contact Sheena or Maria, the group coordinators at: recogniseme@rethink.org

