



About Us

Rethink Mental Illness

Established in 1972, Rethink Mental Illness supports many local support groups around England.

We provide comprehensive fact sheets about various different mental health conditions and run a practical and focused advice and information phone line.

0808 801 0525

Advice and information helpline is open Monday-Friday 9:30am-4:00pm, excluding bank holidays.

If you have any questions about Worthing Mental Health Carers or would like to find out more about when groups and sessions are running, please get in touch - we'd be delighted to hear from you!



Rethink Mental Illness

28 Albert Embankment,
London,
SE1 7GR.



07763 082094



worthingcarersgroup@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
Email info@rethink.org

rethink.org

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**Rethink
Mental
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Worthing Mental Health Carers

For friends and family
supporting individuals with
their mental health.



What we do

We are a group for Carers, family and friends of people affected by Mental Illness. Our aim is to host open discussions, offer mutual support and provide information on mental health conditions and treatment.

About us

The Worthing Carers Group was established in 2015, with support and guidance from Rethink Mental Illness.

Our meetings offer a chance to meet with other carers, to share experiences and concerns with people who understand the challenges of being a carer/friend of someone with mental health issues

Attendance at all meetings is free and open to all, no membership or pre-registration is required.

Please remember that confidentiality of meetings is a must, no personal information should be passed in without explicit consent.

Although our focus is on Carers and their concerns, we are happy to welcome anybody with their own mental health issues as many concerns are mutual.

Online Meetings

Take place on the second Monday of the month and 7:00pm.

This is a support group meeting from the comfort of your own home.

Email worthingcarersgroup@rethink.org for more details.

Drop-in Sessions

Take place on the 1st Wednesday of the month from 10:30am and 1:00pm at

The Happy Teapot Cafe (opposite Worthing Library), Richmond road, BN11 1PN

Join our friendly and informal drop in sessions, where you can pop in for 5 minutes or stay for the full 2.5 hours.

"Friendly, informal, confidential. Fulfilling an important role in mental health welfare for friends and families"

Evening Meetings

Take place the Fourth Monday of the month at 7:00pm at

The Fern Suite, Meadowfield Hospital, Swandean, Arundel Rd, BN13 3EP
(if unsure, please do contact us)

Sign Up to Our Newsletter

Email us to receive our weekly email newsletter, with events, mental health news and Rethink Mental Illness Resources.

Worthingcarersgroup@rethink.org

If you, or someone you know would benefit from coming along to any of these sessions give us a call or email using the details overleaf - we'd love to hear from you!

