



Cornwall Mental Health Carers Service

We provide support to adult carers of people with mental illness who live in Cornwall and the Isles Of Scilly. The service starts on the 1 July 2026.

Our support includes:

- **One-to-one support sessions**
- **Carers education sessions**
- **Carers support groups**
- **Carers drop-in hubs**

You can **refer yourself** by:

- scanning the QR code below
- giving us a call
- sending us an e-mail

We'd love to hear from you!

Phone: 07827 802 291
Email: MHCC@rethink.org

Webpage: www.rethink.org/cornwallcarers

rethink.org

