

## Join us

Rethink works tirelessly to improve the lives of those affected by severe mental illness. If we are going to continue to succeed we'll need your help. You can support us in any number of ways for example becoming a member, making a donation or becoming a campaigner.

Please support us today to help transform the lives of generations to come. To find out how you can help visit [www.rethink.org](http://www.rethink.org), phone 0845 456 0455 or email [info@rethink.org](mailto:info@rethink.org)

## Information on mental health

For more information about Rethink publications and other products on mental health, please visit [www.mentalhealthshop.org](http://www.mentalhealthshop.org) or call 0845 456 0455.

## Make a donation

We cannot achieve our goals without the vital funds donated by supporters. Donate today by calling 0845 456 0455 or donate online [www.rethink.org](http://www.rethink.org)

## Rethink's National Advice Service

Provides expert advice and information on issues that affect the lives of people coping with mental illness. We help people with mental illness and their carers – as well as others like professionals and employers – to make sense of the often confusing world of mental health. The service is free, independent and confidential. Please call, 020 7840 3188 or email [advice@rethink.org](mailto:advice@rethink.org)

## Acknowledgements

We thank all our partner agencies who support and fund our work.

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INVESTOR IN PEOPLE

Working together to help everyone  
affected by severe mental illness  
recover a better quality of life

For further information on Rethink

Phone 0845 456 0455

Email [info@rethink.org](mailto:info@rethink.org)

[www.rethink.org](http://www.rethink.org)



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Rethink is the operating name of National Schizophrenia

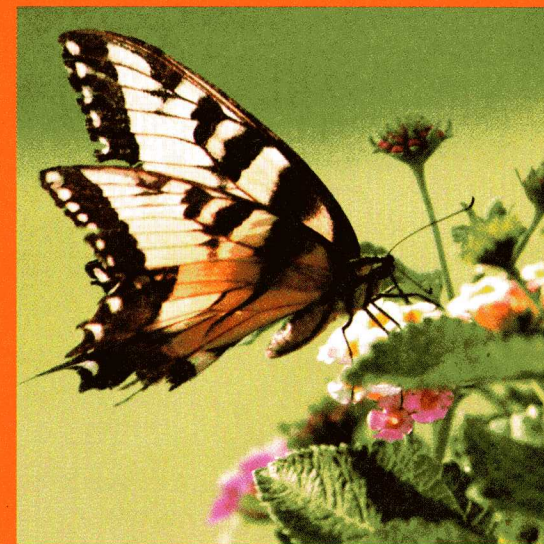
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groups

**Canterbury and  
Coastal Rethink  
Carers' Support  
Group**



is someone you know  
affected by mental  
health problems?

providing information,  
support, and more

# About Rethink

**Rethink, the leading national mental health membership charity, works to help everyone affected by severe mental illness recover a better quality of life. We provide hope and empowerment through effective services to all those who need us, and campaign for change through greater understanding.**

Mental health problems can affect anyone at any time in their lives no matter what their age or background is. A staggering 1 in 4 people in the UK will experience some kind of mental health problem in the course of a year. It's a huge number, but severe mental illness remains largely hidden and shrouded in prejudice, ignorance and fear.

As a result many people affected by mental health problems feel frightened and alone. At Rethink we are working hard to prevent this. We work with people experiencing mental illness, their carers, families and friends through a mutual support national network.

Rethink Groups vary in their activity and who they are open to but all have the following in common:

- they provide opportunities to meet people who have been through what you are experiencing whether you are directly affected by mental illness or care for someone else who is
- you can access information on all topics related to mental illness
- you can get your voice heard and make a difference to local and national mental health issues.

**Get involved with Rethink.**

## Canterbury and Coastal Rethink Carers' Support Group

### Who are we?

This local group has been set up to help carers of relatives, partners or friends with a wide variety of mental health problems, to access help and information and to provide comfort and support on a regular basis.

### We can help in several ways:

- By enabling you to meet people with the same sort of problems that you may come across
- By our informal groups discussions that may provide valuable information
- By occasionally hearing guest speakers
- By putting you in touch with the real experts – carers with direct experience of living with people with severe mental illness

### What do we offer?

- Telephone support
- Monthly newsletter

- Monthly meetings
- Guest speakers on mental health issues
- National and local campaigning for improved mental health services
- Carer representation on local planning and monitoring groups

### Meeting details

We meet at 7.30pm on the third Tuesday of each month except August.

### Meeting place

The Canterbury Umbrella Centre  
St Peter's Place  
Canterbury  
Kent  
CT1 2DB

For more details about the group or confidential telephone support please contact joint Coordinators

Chris and Cheryl Ives  
Tel: 01227 760707  
Email  
[rethinkcanterbury@googlemail.com](mailto:rethinkcanterbury@googlemail.com)