

Re Think Mental Illness

Rethink Mental Illness is a mental health charity supporting you to overcome problems and lead a better quality of life. They have an advice helpline, webchat and practical online information about mental illness.

Rethink is funded by the Money and Pensions Service to provide access to Mental Health Crisis Breathing Space. A referral is required from an approved Mental Health Practitioner.

Last updated: September 15, 2022

Telephone: 0300 5000 927

Telephone 2: 0808 801 0745

Telephone 2 note: Mental Health Crisis Breathing Space

Website: www.rethink.org

Helpline: 0808 801 0525

Advice and information helpline open 9.30am to 4pm, Monday to Friday excluding bank holidays

Email: info@rethink.org

Website 2: <https://www.rethink.org/aboutus/what-we-do/mental-health-breathing-space/>

Twitter: http://twitter.com/Rethink_

Facebook: <https://www.facebook.com/RethinkCharity>

Youtube: <http://www.youtube.com/Rethink1972>

Opening Hours: Advice Helpline open Monday to Friday 9.30am to 4pm

Webchat service is open from 10.00am to 1pm Monday to Friday, excluding bank holidays

Cost: Free

Address:

15th Floor
89 Albert Embankment
London
SE1 7TP

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