

## Re Think Mental Illness

Rethink Mental Illness is a mental health charity supporting you to overcome problems and lead a better quality of life. Their website provides practical advice and information about mental illness.

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**Telephone:** 0300 5000 927

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

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

**Twitter:** [http://twitter.com/Rethink\\_](http://twitter.com/Rethink_)

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

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

**Opening Hours:** 9.30 - 4 pm, Monday to Friday

**Cost:** Free

**Address:**

15th Floor  
89 Albert Embankment  
London  
SE1 7TP

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