Information NOW
Information for people in Newcastle upon Tyne

Re Think Mental Illness

Rethink Mental Illness is a national mental health charity supporting people affected by mental illness and their carers, family members or loved ones.

They have a free advice helpline, webchat and practical online information about mental illness. The helpline gives advice to people with a diagnosis or symptoms of mental illness who live in England and are 18 or over

Across the United Kingdom they support people with:

- A mental health phone helpline
- support groups, activity groups and carers groups
- primary mental health services in prisons
- supported housing services
- mental health training for professionals, organisations and individuals
- campaigns, reports and online resources

Last updated: April 1, 2025

Telephone: 0121 522 7007

Telephone note: General Enquiries

Telephone 2: 0207 840 3131

Telephone 2 note: Supporter Care

Website: www.rethink.org

Helpline: 0808 801 0525

Email: info@rethink.org

Twitter: http://twitter.com/Rethink_

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

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

Opening Hours: Helpline open 9:30am to 4pm weekdays

Cost: Free

Address:
15th Floor
28 Albert Embankment,
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