Families and friends of people with mental ill health often need information, encouragement and the strength that comes from knowing you are not alone.

We are run by carers for carers. We have a wealth of experience of supporting people with mental health problems and we know our way around the mental health system.

We provide:

- Carer support groups in Cambridge & Peterborough
- Phone support on 07783 267013
- Email support at CambridgeRethinkGroup@rethink.org
- A quarterly newsletter
- A voice for carers – helping local commissioners & Cambridgeshire and Peterborough NHS Foundation Trust improve services

Please contact Jonathan Wells on 07342 691768 or use contact details above if you want to know more