

rethink



See me differently because I'm tall.
Not because I have schizophrenia.

1 in 4 people experience a mental illness.
Let's rethink. Let's stamp out stigma.

Join us at www.rethink.org
or call 0845 456 0455.

Registered Charity Number 271028

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 aim to provide hope and empowerment through effective services and support to all those who need us and campaign for change through greater awareness and understanding.

Our latest campaign

We are launching our first ever regional multi-media awareness campaign in Norwich during March 2006, with the aim to challenge stigma and discrimination on the grounds of mental ill health. People can and do recover from mental illness (around 70%) – yet the stigma can be worse than living with the illness itself. The campaign aims to tackle the three biggest mental health problems: prejudice, ignorance and fear.

Seven facts you probably didn't know about mental illness....

- 1 1 in 4 of us will be affected by mental illness.
- 2 Almost 75% of people know someone who has been diagnosed with a mental illness.
- 3 70% of people affected by mental illness have experienced discrimination because of it.
- 4 Just over 50% of people would not want anyone to know if they developed a mental illness.
- 5 70% of the public wrongly believe that people with a mental illness are violent.
- 6 33% of people with mental health problems report having been dismissed or forced to resign from their job.
- 7 Research has found that black people were twice as likely to be involuntarily detained under the Mental Health Act than white people.