

## Further information:

### Rethink Mental Illness

Rethink provides a range of services nationally for people with mental health conditions as well as many carers' groups. Their website [www.rethink.org](http://www.rethink.org) has lots of information on all aspects of mental health. The Advice and Information Service is open from 9.30am—4pm, Mondays to Fridays and can be contacted through Freephone 0808 8010525.

**Caring Together** is the main carer support agency in Cambridgeshire and Peterborough providing a great range of support. Their website [www.caringtogether.org](http://www.caringtogether.org) has lots of information and they can be contacted on 01480 499090 or 0345 2410954 and [hello@caringtogether.org](mailto:hello@caringtogether.org)

**Making Space** have a small team of paid staff and are commissioned by Cambridgeshire County Council and Peterborough City Council to support the carers of adults with mental health conditions. Contact them on 01480 211006 or [C&PReferrals@makingspace.co.uk](mailto:C&PReferrals@makingspace.co.uk)



## Rethink Carer Support Cambridgeshire and Peterborough

For the families and friends of  
people with mental health  
conditions

Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. For 40 years we have brought people together to support each other. We run services and support groups across England that change people's lives and we challenge attitudes about mental illness.



Leading the way to a better  
quality of life for everyone  
affected by severe mental illness.



Challenging attitudes, changing lives.

Registered in England Number 1227970. Registered Charity Number 271028.  
Registered Office 89 Albert Embankment, London, SE1 7TP. Rethink Mental Illness is the  
operating name of National Schizophrenia Fellowship, a company limited by guarantee.

**Families and friends of people with mental health conditions 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.**

### **People have said:**

*“Nice friendly people, lots of useful advice and support”*

*“Just to say how grateful I am that Rethink is there”*

*“I’ve engaged with the phone line and an online meeting. Both were great”*

*“Helpful, experienced non-judgmental support”*

### **Our role is to:**

- Support you in a way that suits your circumstances so that you can carry on caring.
- Help you get the best for the person you care for from local agencies including Cambridgeshire and Peterborough NHS Foundation Trust (CPFT)

### **We provide:**

- Support groups, currently on zoom, with learning from each other and guest speakers
- Non-emergency phone support
- Email support via [cambridgecarersgroup@rethink.org](mailto:cambridgecarersgroup@rethink.org)
- Whats App group
- One to one help such as informal advocacy
- A newsletter three times a year
- Information about other sources of assistance such as Making Space, Caring Together and CPSL Mind
- Information about your rights, whether under the Care Act, the Mental Health Act or confidentiality rules
- A voice for carers, providing a reality check for local planners and decision-makers so that gaps in services can be reduced wherever possible.

### **Contact us:**

**If you need help or would like to find out more about when groups and sessions are running, please get in touch—we’d be delighted to hear from you!**

**Tel: 07783 267013**

**Email:**

**[cambridgecarersgroup@rethink.org](mailto:cambridgecarersgroup@rethink.org)**

### **Local NHS Mental Health Crisis Service**

In normal working hours contact your care coordinator if you have one.

Otherwise phone 111 and go to option 2 asking for the First Response Service.

*Revised June 2023 Review*

*date June 2026*