



# Rethink Carer Support – Cambridgeshire & Peterborough

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](mailto: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**

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