

# rethink

## Rethink Advocacy Service

Providing independent, free and confidential support  
to those who experience mental ill health

Do you feel you can make a positive  
contribution to enhance the lives of  
those suffering with mental illness?

If you are able to spare a couple of hours a week,  
supporting others in your community, we would like  
to hear from you

For more information please contact :

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[www.rethink.org](http://www.rethink.org)

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Maidstone