

“I remember
feeling like I
was at rock
bottom.
That there
was no
way out.”

Gavin

2 million people are currently
stuck on waiting lists for
NHS mental health services.

Many will reach crisis point.

Join us in the fight for a future
where we can all get quality mental
health care when we need it.

mind.org.uk/no-mind-left-behind

 mind



10 October 2024