

# Help us support Mind

**We're supporting Mind, the mental health charity.** Mind wants to make sure no one has to face a mental health problem alone. They provide advice and support to anyone facing a mental health problem, as well as campaigning to improve services, raise awareness and promote understanding.



**mind.org.uk**

**Mind (the National Association for Mental Health)**  
Registered address: 2 Redman Place, London E20 1JQ  
Registered Charity No. 219830