

**We're here
to fight
for mental
health.**

mind

1 in 4 of us experiences a mental health problem every year.

But most of us don't get the help we need – this has to change. That's why we're here to fight for mental health. For support, for respect, for you.

We'll listen. We'll give you support and advice. And we'll fight your corner too.

To find out what we're working on right now and how you can join the fight for mental health visit [mind.org.uk](https://www.mind.org.uk)



What we do

We campaign for legal rights and better care and services across England and Wales. Together, we're always here - fighting for mental health.

We make sure that information and support is available for anyone who needs it – on our website, through the helplines we run and our Side by Side online community.

We work closely with others to change how people think about mental health. We do this with workplaces, through our partnerships, and with the media, pushing for accurate, respectful portrayals.

Local Minds work in local communities as independent charities across England and Wales, providing quality mental health services and support.



Join us in the fight for mental health.

We won't stop until everyone with a mental health problem gets support and respect. But we can't do it alone. Here are a few ways you can join the fight:

- **Raise money for us.** You can run a marathon, donate monthly, or hold a bake sale. There are so many ways you can make a difference.
- **Become a member** and help shape our work.
- **Campaign with us** and fight for a better deal for people with mental health problems.
- **Support your Mind shop** by volunteering or donating.

There's so much you can do. Take a look at our website to find something right for you: mind.org.uk/get-involved

Getting in touch

Call our Infoline: 0300 123 3393 (9am–6pm Mon–Fri)

Visit our website: mind.org.uk

  **Follow us** @MindCharity

 **Follow us** @mindforbettermentalhealth

Write to us at:

Mind, 2 Redman Place,
London E20 1JQ

Registered charity number: 219830
Registered company number: 424348 in
England and Wales

Registered with



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REGULATOR

