



Mental Health
Foundation

Depression is now the leading cause of disability worldwide.

Text THRIVE to 70300 to give
£3 today and help create a world
with good mental health for all.

Mental Health Foundation (registered charity number 801130) will receive 100% of your donation. You may be charged for one text message at your network's standard rate. Always get the bill payer's permission. We'd like to contact you with information about other campaigns. If you'd rather we did not contact you again then include the words NO INFO at the end of your message e.g. THRIVE NO INFO.

[mentalhealth.org.uk](https://www.mentalhealth.org.uk)

Registered Charity No.
England 801130, Scotland SC039714
Company Registration No. 23508466



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FUNDRAISING
REGULATOR



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**65% of people
say that they
have experienced
a mental health
problem.**

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**On average, 16
people in the UK
end their own
lives every day.**

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**Only 13% of
people report
living with high
levels of good
mental health.**

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**1 in 15 people has
made a suicide
attempt at some
point in their life.**

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**On average we
say "I'm fine"
14 times a week
but mean it just a
fifth of the time.**

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Half of all mental health problems are already present by the age of 14.

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