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

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mentalhealth.org.uk
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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mentalhealth.org.uk
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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