A legacy is a special gift in your Will for the causes you care most deeply about. Legacies play a significant role in our ability to create a mentally healthy future for all.

Since our foundation in 1949, we have had one simple aim: to help everyone live mentally healthier lives.

We research and evaluate fresh approaches to mental health with a view to advocating policy change and rolling out best practice more widely.

Our work focuses on prevention and a belief that there is far more scope to help prevent mental health problems and sustain recovery and wellbeing.

Yet funding to achieve our vision is hard to come by. This is why your support is so valued.

The Mental Health Foundation is not a large charity and we are punching above our weight with an average income of less than £5m per year.

The gifts that supporters like you leave in their Wills make up around a quarter of that.

We estimate 1 in 4 people will be affected by a mental health problem either directly or indirectly in a year.

Many people are unaware of the influential role the Mental Health Foundation has played in the field of mental health research for over 65 years and what we have been able to achieve through our unique social approach to research.

We don’t produce research that will sit on shelves, we seek practical solutions that will make a real difference to people’s lives. As such the need for our expertise increases with every year that passes.

Our legacy will help to create a brighter future for thousands of people living with the pain and stigma of a mental health problem, by ensuring our life changing work to help people survive, recover from and prevent mental health problems can continue long into the future.

“I was 19 and had dropped out of college; I had Bipolar Disorder and was living in a homeless hostel and I tried to take my own life. But I was directed towards a Mental Health Foundation self-management course. My life changed dramatically as a result. I was taught practical ways to manage my problems, as well as how to set goals.

“After being on the course I had the confidence to share everything I’d learnt to help other young people. I was trained by the Mental Health Foundation to become a facilitator.

“It felt really good to pass on what I’d learnt, and I know it helped them to know that I really understood what they’d been going through.”

Lily, Self Management Participant and Facilitator

Lily is one of more than 1,000 people who have undertaken a Mental Health Foundation self-management training course. We are very proud of the impact our work is having transforming lives but know there are countless others we are yet to reach.
Legacies are a crucial source of funding for the Mental Health Foundation and play a huge role in enabling us to work hard to make life better for us all.

It is a sad truth that more people in the UK are affected by mental health problems than develop cancer.

The human cost is immeasurable. The economic cost of mental illness to the UK is about £105bn, similar to the entire NHS budget.

It doesn’t have to be this way; there is hope. We know that mental illness can be prevented and treated, with recovery rates as good as any other chronic illness.

Leaving a gift in your Will is an incredibly special way to support a charity because it helps us to plan effectively for the future, so that our life changing work can continue for many years to come.

“...I changed my Will to include a legacy to the Mental Health Foundation shortly after my daughter’s nervous breakdown.

Her illness was devastating for the whole family. I’ll never forget the despair we suffered together and the immense gratitude we felt for the expertise of her counsellor. When things go wrong we seek understanding and the best help available. My legacy is for that.” Roger

Your support is vital to help us find solutions that could save thousands of people from living a lifetime of mental health problems.

A gift of any size in your Will could make a huge difference to our ability to conduct groundbreaking research and evaluation and communicate the findings to government ministers, health and social care professionals and the public.

As well as continue to develop practical ways to support people affected by mental health issues, the Mental Health Foundation incorporates the Foundation for People with Learning Disabilities.

This relationship uniquely positions us to care for the mental wellbeing of people with learning disabilities and their carers, something that is often overlooked.

Give with confidence

For every pound you donate, 83p is used to continue our vital research, policy and campaigning work. 17p is directly invested in raising the next pound.

Every gift in a Will that we are privileged to receive is administered with efficiency and sensitivity. Costs are always kept to a minimum.
By leaving a gift in your Will, you will join us in creating a world of good mental health for all. Your enduring legacy could help to fund:

**£150**

Pays for one day’s self-management training for one person. This helps them to identify what works best for them in looking after their own mental health. Many participants have found this transformational.

**£900**

Pays for someone to complete a self-management training course. Our self-management courses help people to understand how their own mental health problems affect their life and how to recognise the early signs and prevent or minimise the impact of an episode of ill health.

**£15,000**

Could help pay for up to 20 vulnerable young mothers at risk of social isolation and mental illness to benefit from facilitated peer support for 6 months.

**£35,000**

Would help to fund one year of a three year PhD with university partners. Covering the student stipend and fees for research into ways to prevent or manage mental wellbeing, like mindfulness.

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**CHANGE SOMEONE’S LIFE**

A legacy will change lives. It will allow us to continue our respected and highly influential mental health research and bring together people who have real experience of mental health problems, academics and practitioners to carry out pioneering projects and studies.

“My concern about mental health comes from personal experience – as a sufferer and as a volunteer in a mental health information project. I support a number of charities, but I’m particularly impressed with the Mental Health Foundation in its unbiased, open-minded search for appropriate therapies.”

Gillian

You would also be helping to fund the development and promotion of simple, yet practical steps which millions of people could take to maintain their mental health.

“I’ve suffered from depression on and off for the whole of my adult life. What got me through was the information from the Mental Health Foundation. It made me realise that the way I was feeling could happen to anyone and that I am not alone, giving me the confidence to ask for help.”

James

Your gift could allow us to continue to talk directly to government and influential non-parliamentary bodies and by doing so impact and change policy and legislation on mental health issues.
There are four main types of gifts you could leave in your Will.

**Residuary Bequest**
You could leave all or part of what is left of your estate, after other gifts to your family and friends, and debts, have been paid.

**Pecuniary Bequest**
Is a fixed sum of money donated through your Will. It is important to remember that the value of money changes over the years because of inflation, and you may need to alter your Will periodically.

**Specific Bequest**
Is a specific item of value. You may wish to leave a particular item such as a painting or piece of jewellery, the sale of which could support our work.

**A gift with special conditions**
You can leave a conditional gift so that, if the person you intend to benefit dies before you, then another beneficiary (such as the Mental Health Foundation) can benefit without you having to change your Will.

We would always recommend that you seek professional advice when writing or updating your Will. Writing a Will is relatively straightforward and not as expensive as you might think; a simple Will can cost as little as £100.

Please consider leaving a gift to the Mental Health Foundation

Please be sure to include our full name and address:
The Mental Health Foundation, First Floor Colechurch House, 1 London Bridge Walk, London SE1 2SX

Registered charity number: 801130 England and Wales, SC039714 Scotland

There are some things you should do in advance of making a Will, and which could save you time and money:

**Make a list of your assets:** This means calculating the value of what you own, house, car, personal possessions and money, minus any debts and mortgage.

**Think about who you want to include:** Make a list of loved ones and organisations that you wish to benefit and think about how you’d like to divide your possessions.

**If you already have a Will** and wish to change it to include a gift to the Mental Health Foundation you can use our ‘Codicil Form’. A codicil is an amendment to your Will and is kept with the original Will.
WRITING YOUR WILL

Always carefully check any costs and conditions.

Solicitors
Solicitors may write your Will free of charge if you appoint them as your executor.

Banks
Some banks offer free Will writing.

Political parties
Often provide free Wills to members.

Trade Unions
Many offer free Wills to their members.

Insurance
Some companies offer customers a free service. Look in your local press for free or reduced price Will writing through solicitors, e.g. the Free Wills Scheme and Will Aid.

How to find a solicitor or professional Will writer
The Law Society represents solicitors in England and Wales, and The Law Society of Scotland represents solicitors in Scotland – both have a searchable database.

The Institute of Professional Will Writers also has a searchable directory: see our section on useful websites and phone numbers.

Decide who you want to be your executors
It is best to appoint two executors as one may not be able to take on the responsibilities when the time comes. A professional, such as a solicitor or a bank, can be an executor, and will usually charge a fee. A family member, beneficiary or other person may also be an executor. Although it is possible to name the Mental Health Foundation as an executor, we would need to employ a solicitor and charge their fees to your estate.

Think about Inheritance Tax
Any gift left to the Mental Health Foundation has the benefit of being exempt from inheritance tax and can reduce the liability for your loved ones if your estate is over the threshold. For the most up to date information visit: www.hmrc.gov.uk/inheritancetax

Making a Will in Scotland
Inheritance law in Scotland is different from England and Wales. The Scottish Government’s website has more information on the rights of succession in Scotland: www.scotland.gov.uk, plus Citizens Advice Scotland also offers helpful advice: www.cas.org.uk

The Goodwill Partnership
The Goodwill Partnership is the largest distributor of home-visit solicitor-provided Wills in England and Wales. The process of making your Will is made extremely simple.

Starting at £98 + VAT for a single Will, a trained counsellor will come to your home to take your Will instructions at a time convenient to you. A solicitor will use your instructions to draft your Will. There are no visits to the solicitor.

To find out more visit: www.thegoodwillpartnership.co.uk and select ‘Mental Health Foundation’ from the list of charities or call 01482 636 469.
CODICIL FORM

Keep this codicil with but not attached to your Will in a safe place. Send a copy of your Will and codicil(s) to your executor with instructions on where they can find your Will and codicil(s).

I (full name):  
Of (current address):  

Declare this to be my (if this is your first codicil please write ‘first’ otherwise write the relevant number to place this codicil after your last codicil) __________________________
codicil to my last Will of (date) ___ / ___ / ___

I give to the Mental Health Foundation, registered charity numbers 801130 and SC039714, of Colechurch House, 1 London Bridge Walk, London SE1 2SX, UK.

Please strike through all but the relevant option and complete.

• The whole residue of my estate
• The following share of the residue of my estate __________________________________________
• The specific sum of __________________________________________
• The following specific item(s) ________________________________________________________

________________________
to be used by the Mental Health Foundation for its general charitable purposes.
I would like my family and friends to make gifts to the Mental Health Foundation in lieu of flowers.

Why I would like this gift to go the Mental Health Foundation:

In all other respects I confirm my said Will and any existing codicils which relate to my Will.

Signed __________________________________ Date _____ / _____ / _____

Witnessed by:
First Witness Name
Signature __________________________________________
Address/Postcode __________________________________________

Second Witness Name
Signature __________________________________________
Address/Postcode __________________________________________
Whilst we understand that your Will is a private matter, it would help us greatly to know if you are planning to leave a gift to Mental Health Foundation.

Please share your intentions with us by completing and returning this tear-off form via our FREEPOST address.

Please tick whichever you feel appropriate:

☐ I have left a gift in my Will to the Mental Health Foundation.
☐ I intend to leave a gift in my Will to the Mental Health Foundation.
☐ I would like to speak to someone about gifts in Wills. My contact details are below – please telephone / email me.
☐ I would be happy to be invited to an exclusive event to find out more about the work of the Mental Health Foundation.

Returning this form places you under no obligation.

We understand this is an indication of your current intentions only.

Title and Name

Address

Postcode

Telephone

Email

Date of Birth

Data protection

We promise that your details will be kept in complete confidence and only used by the Mental Health Foundation to communicate with you about our work.

☐ Please tick this box if you would like the Mental Health Foundation to use the contact details you have given, including your email address, to keep you up to date on our work and what you are helping us to achieve.

Return this form to: Freepost RSUK-BGCT-JZTL, Mental Health Foundation, First Floor, Colechurch House, 1 London Bridge Walk, London SE1 2SX

Registered Charity No. England 801130 Scotland SC039714
We remain ever committed to reducing the pain caused by mental health problems and to help everyone lead mentally healthier lives.

A gift in your Will, no matter how big, would make a significant difference to what we can achieve, helping people to safeguard their mental health.

To find out more about how to leave a gift or to inform us of your intention to do so please email: legacy@mentalhealth.org.uk or call 0207 803 1100 and we would be delighted to discuss it further with you.

Thank you for considering leaving the Mental Health Foundation a gift in your Will.