The Mental Health Foundation

Dedicated to finding and addressing the sources of mental health problems.

We invite you to join us.

mentalhealth.org.uk

Why we exist

The social challenge of our time is to reverse the growing level of mental ill health.

Good mental health is fundamental to thriving in life. It is the essence of who we are and how we experience the world. Yet, compared to physical health, so little is commonly known about mental ill health and how to prevent it. That must change.

The Mental Health Foundation is the UK’s charity for everyone’s mental health. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems.

We must make the same progress for the health of our minds that we have achieved for the health of our bodies. And when we do, we will look back and think that this was our time’s greatest contribution to human flourishing.

“Every year, our work in mental health changes thousands of people’s lives. We can do that because of the generosity and kindness of our supporters. There is so much more that can be done. Together we are tackling one of the defining challenges of our time for this generation and the next.”

Jenny Edwards CBE
Chief Executive
Mental Health Foundation
The scale of the challenge

In the UK, we are facing a mental health crisis.

One in six people in the past week experienced a common mental health problem.

The estimated cost to the UK economy: Over £100 billion each year.

On average, around 16 people end their own lives every day.

That’s approximately one person every two hours.

If we don’t act urgently, by 2030 depression will be the leading cause of disease burden globally.

Over the last 50 years, we have taken huge strides in improving standards of public health, education and housing.

Yet our mental health, something we all possess, has not improved and, if anything, has declined.

This is not inevitable.

We simply haven’t invested the time, money or expertise in understanding and sharing how mental health can be protected.

Now we must change this.

Right now, mental health problems are having a profound impact on the lives of tens of millions of people.

People not only endure the pain of mental ill health, including anxiety, stress and depression, but often face the stigma and discrimination that we do not experience for physical illness.

How can that be right?
The Mental Health Foundation is the UK’s charity for everyone’s mental health.

- We deliver and run ground-breaking evidence and practice-informed programmes, giving us the expertise to share what works
- We help by offering straightforward information and tools for everyone
- We produce authoritative reports and evidence used by government and the media
- We influence policymakers and advocate for change

This work is delivered, thanks to the backing of our supporters. Our ambition is to be more than a charity. If we are to achieve good mental health for all, the Mental Health Foundation needs to connect to a wider movement. A movement of people who know the importance of mental health through their own experience and the experience of others. Will you be part of this too? We invite you to join us and to add your voice to the calls for action.

“Instead of dealing with the issue alone for years, I wish I had known that there were charities like the Mental Health Foundation out there who offered information and support for mental health problems. I encourage others with mental health problems to reach out and talk about their problems, no matter how difficult it may seem.”

Savannah – lived experience of anorexia, depression and social anxiety
Good mental health for all

Tackling mental health problems at their source

As the UK-wide mental health charity for everyone’s mental health, with a long track record based on research, the Mental Health Foundation leads the search for solutions based on evidence and practice that work in the real world. We deliver programmes, training and guidance that help to prevent mental health problems and support good mental health. We focus on issues that create high risks and know that mental health matters to us all, throughout our lives.

Maternal mental health

One woman in five is affected by mental health problems during pregnancy. Hosting and working with the UK’s leading alliances, the Foundation campaigns for the right support to be available in every area.

Early years in the family

Getting every child the right start in their early years is crucial for mental health throughout life. Our innovative programmes help parents to develop their skills and confidence in parenting and to understand mental health and relationships.

Children and young people

Young people face so many challenges now, creating pressure on their mental health. Seven in ten of the children and young people who develop mental ill health have not had help early enough. The Foundation works with young people directly and through schools to provide prevention-focused peer support and education. We host and campaign with the Children and Young People’s Mental Health Coalition.
People of working age
The Foundation has years of expertise in peer support and self-management. These equip people with the skills and knowledge to manage their mental health. We work with local areas to review and strengthen their approach to suicide prevention.

We are working with communities to develop a Whole Communities Approach to preventing mental health problems. Our research and guides for each year’s Mental Health Awareness Week reach millions of people with messages about how to look after our mental health from relationships to exercise, sleep and mindfulness.

Workplace wellbeing
Giving people the understanding and tools to manage challenges at work is critical to their wellbeing, whether they are managers or being managed. The Foundation works with businesses to help them identify the steps they can take to increase knowledge in their workforce and to introduce the right training and support.

Support us in the workplace
Wherever you work, whether it is a big or small organisation, there are many ways you can get involved: from commissioning training or consultancy, to sponsoring one of our publications or setting up workplace giving. Get in touch on 020 7803 1100 to find out how your organisation can have a big impact on everyone’s mental health.
People in later life
As people age, it can be a time of greater wellbeing, as responsibilities reduce and there is more freedom to follow interests. However, this is not always the case, and many older people can face a range of issues that create risks for their mental health, including age discrimination, loss, long term conditions and loneliness. Our programmes engage older people to help protect mental health in later life and ensure that people with conditions such as dementia can help shape services that will improve their lives.

Mental health inequalities
Mental health problems can touch people in any part of society. However the risks are much higher where people experience discrimination, bullying, violence, poverty, trauma or childhood in difficult circumstances. Our research and programmes look at what helps people who face the risks of mental health inequality and work on the ground to show and reduce the causes.

People with learning disabilities
People with learning disabilities are more likely than most to develop mental health problems. Through the Foundation for People with Learning Disabilities, which is part of the Mental Health Foundation, we have a long record of working with people with learning disabilities to identify and deliver the support they need to prevent mental health problems from developing, to address issues and inequalities, such as hate crime, that create distress and to develop mental health solutions that work for them and their families.
Creating Connections: Marie’s story

Marie, a single mother to her six-year-old son, found one of our early years in the family programmes, Creating Connections, life-changing.

“I came to be on benefits and a single parent at age 28. I was dealing with bereavement, depression and low self-esteem while trying to rebuild our whole lives from scratch. I struggled for two years to get back on my feet and adjust to being a single parent, doing everything myself with not a lot of support.

“By joining the Creating Connections self-management course run by the Mental Health Foundation, I learnt something new during every session: from goal setting, mental wellbeing, and tools for managing emotions and stress, to training opportunities and services for single parents.

“I learnt there were others who struggled too. The course material, other members attending the course and the course facilitators have been a great support that has helped me so much and still help me now.”
Join the movement

Help us transform the future for the next generation. You can play an important role in achieving good mental health for all.

Support our work throughout the year
There are many ways you can support our work - not just with a one off or regular gift. Get involved with Mental Health Awareness Week in May, host a Tea & Talk event in October, run a marathon, or challenge yourself to a sponsored silence.

We also run campaigns to increase awareness and influence policy. Sign up to our newsletter for updates and how to join in: mentalhealth.org.uk/newsletter

Mindfulness
The Mental Health Foundation champions mindfulness as a great way to protect and sustain mental health. Over 10,000 people have taken our online Mindfulness-Based Cognitive Therapy course that has been proven to reduce levels of anxiety, stress and depression. Our BeMindful.co.uk hub provides information on the evidence behind mindfulness, a teachers’ directory and access to our online course BeMindfulOnline.com.

BeMindfulOnline.com - Structured in ten online 30 minute sessions, the course can be completed in as little as 4 weeks.
The Mental Health Foundation needs your support to champion good mental health and enable people to thrive in life.

The Mental Health Foundation is a UK charity that relies on public donations, legacies and grant funding to deliver and campaign for good mental health for all. Whether you make a single or regular donation, leave a gift in your Will or set up a tribute fund, every pound helps us to continue our vital work for everyone's mental health.

The 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 or charity rate. Always get the bill payer’s permission.

I want to help ensure good mental health for all

Please return this form to: Mental Health Foundation, FREEPOST RSUK-BGCT-JZTL, Colechurch House, 1 London Bridge Walk, London, SE1 2SX. You can also donate online at mentalhealth.org.uk/donate or by telephone: 020 7803 1121.

Title: __________________________
First name: _____________________
Surname: ________________________
Home address: ____________________ Postcode: __________
Telephone: _______________________ Email: ________________

I wish to give

- £10
- £25
- £50
- My choice of £__________

I enclose a cheque / postal order / charity voucher
(Made payable to the Mental Health Foundation)

I do not require acknowledgement for this gift.

Make your gift go further, please Gift Aid your donation! If you are a UK taxpayer the Mental Health Foundation can claim back 25p for every £1 you give.

Please treat as Gift Aid donations all qualifying gifts of money made (please tick)

- Today and in the last 4 years and all future donations.*
- Today only.*

* I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give.