

### This is why Harpenden Building Society thinks it's important to support Mind's work...

**Around a third** of adults and young people said their mental health has got **much worse** since March 2020.

**42%** say that **worrying about their finances will affect their mental health more** than it did before the pandemic.

**One in five** adults did not seek support during the pandemic because they **didn't think their problem was serious enough**.

source: Mind (2021) Coronavirus: the consequences for mental health

### What Mind does

#### We connect minds

We provide a platform for people who care about mental health. Everything we say and do is rooted in the experiences of people with lived experience of mental health problems.

#### We support minds

We provide life-saving advice and support when people need it most, and we equip people with the information and coping skills they need to better manage their mental health.

#### We change minds

We speak out and demand better from policy makers & the public.



**Helpline** – providing an information and signposting service, when people need us most



**Local Minds** – supporting people in your local communities with services such as counselling and therapies



**Information** – through our website and publications



**Workplace support** – ensuring colleagues get the best support at work



**Campaigning** – to improve services, raise awareness and promote understanding



**Side by Side** – our online peer support platform creating a space for people to connect with each other

### A few examples of what Mind achieved in 2022/2023

We created **38,945** opportunities for people to share their lived experience.



We responded to **130,973** queries to our support and Information helplines.



Local Minds supported almost **470,000** people.



Our mental health information was accessed **23.3 million** times.



**17,100** people signed up to Side by Side, our online peer support community.



**3 million** people had a conversation about mental health as a result of Time to Talk Day.



### Your impact. Every £1,000 you raise could enable...

Side By Side to remain an open, safe, and supportive space for over **20 hours**, allowing around **700 people** interact on the site in this time.

Our Legal Line to answer **50 enquiries** - so more people can understand their mental health rights and get answers that are often impossible to find anywhere else.

Our Infoline to answer over **125 enquiries**, each response offering clarity and comfort to someone when they need it most.

**10 school support sessions** to be run, providing 1:1 guided self-help sessions for young people experiencing a mental health problem.

### Some useful resources....

#### Infoline:

0300 123 3393, text 86463, info@mind.org.uk

#### Legal advice line:

0300 4666 463, legal@mind.org.uk

[Visit Mind website](#)

[Online peer support community](#)

[Resources for the workplace](#)

Harpenden Building Society is proud to support Mind as our charity of the year for 2024. If you would like to donate to our fundraising, you can do so on the link below:

[Donate to Mind](#)