



Creating a better
future for everyone
with a mental
health problem

A guide to making a gift
to Mind in your will

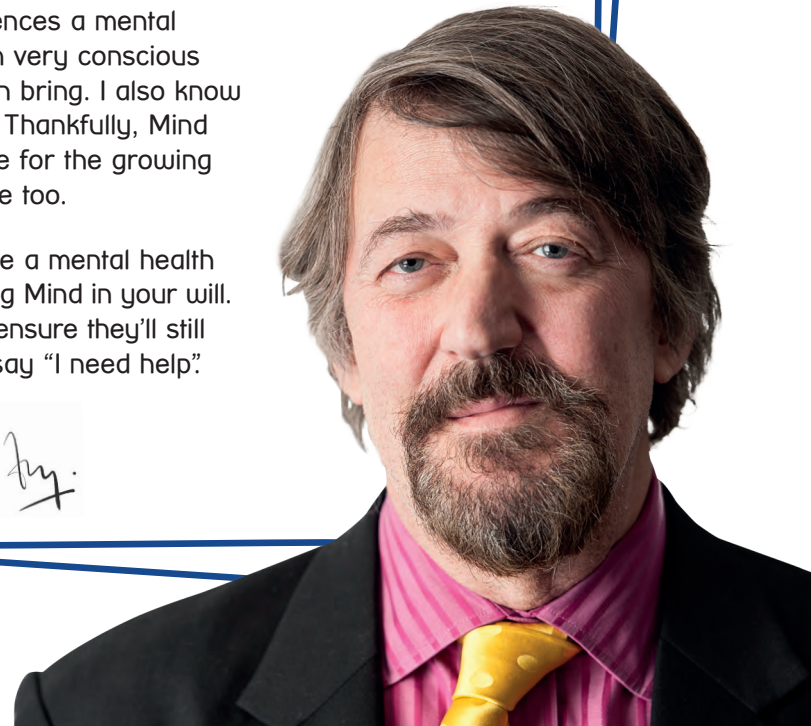


"When we leave a gift in our will,
our values live on forever."

In any given year, one in four of us experiences a mental health problem. As one of those people, I'm very conscious of the immense difficulty and isolation it can bring. I also know only too well how vital the right support is. Thankfully, Mind is there. And they're determined to be there for the growing numbers of people who need them in future too.

If, like Mind, you believe nobody should face a mental health problem alone, please consider remembering Mind in your will. It's one of the most valuable ways you can ensure they'll still be there for everyone who feels ready to say "I need help." Thank you.

Steven Fry.



A gift left in your will to Mind is a gift to everyone with a mental health problem

Mind gives people experiencing mental health problems a crucial lifeline. In recent years, the number needing our support has continued to rise. And, with more and more people reporting suicidal thoughts, it's clear that future generations will need us even more.

We're determined to be there for everyone struggling to cope, and we depend on gifts in wills to do so. By remembering Mind in your will, you'll help people going through mental health problems. Your gift will deliver maximum impact, as knowing your intentions means that we can plan ahead confidently.

Your will is a personal matter, and taking care of those closest to you will be your priority. However, many of us also support the causes we value. We hope

you will consider supporting us in this wonderful way. Large or small, we will be very thankful for any gift you make.

And with our Free Will Offer, making a will costs nothing. It's also easier than you might think. This guide tells you all you need to know.

If there's anything else you'd like to discuss with the wills team, you can do so in confidence by calling 020 8215 2243.

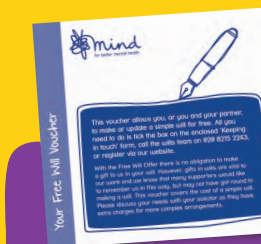
Thank you.



Paul Farmer

Paul Farmer
Chief Executive,
Mind

Depression is now
the leading cause
of ill health and
disability worldwide*



Make your
will for free

Find your voucher
enclosed

* WHO, March 2017

You can't underestimate the value of the Mind Infoline – they were wonderfully patient with me. Knowing you have that reassuring voice is so helpful and it can save lives.

Pete

We can build a future where everyone can get help without fear of being judged or ignored

Mental health problems are driving some people to despair and exposing them to prejudice. Being a Mind supporter puts you on the side of everyone struggling to cope. You can help us create a world where everyone has dignity and can access support whenever and wherever they need it.

Every year, around 400,000 people in England and Wales benefit from free counselling and advice through our network of local Mind services. We're also making sure they can easily access clear and expert information. In one year alone, people visited our website 16.7 million times, we answered 61,862 helpline queries and distributed 668,069 award-winning leaflets. Our online community, Elefriends, gives

support from others experiencing similar difficulties. And we're campaigning tirelessly for excellent care and better access to services, because we believe everyone should be treated fairly, positively and with respect.

But, with more people than ever needing help, our services will become more stretched. Knowing that we can count on gifts in wills in years to come means we'll be able to meet the growing need.

A gift in your will is one of the most valuable ways to help us. Your generosity, combined with our expertise, can bring about a better future – where everyone with a mental health problem gets the support and respect they deserve.

1/4

A quarter of people in the UK will experience a mental health problem each year



Our journey so far - and where you could help us go next

1946

Three organisations merge, to form the National Association for Mental Health – now Mind.



1975

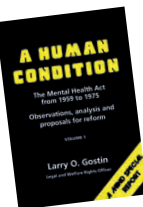
Our legal and welfare rights service is set up.

1971

To mark our 25th anniversary, we launch MIND – our first major campaign, setting out our aims and values.

Mind's counsellor gave me the tools to think differently.

Diana



1983

Our proposals for reforming the 1959 Mental Health Act are published in the book *A Human Condition*.

1996

Mind's Right to Vote campaign successfully challenges Home Office guidance stopping detained patients from voting.



1997

Our Respect campaign challenges discrimination against people with mental health problems.



2008

We are instrumental in banning the controversial drug Seroquel for under 18s, in the light of proven risks.

2010

The Equality Act prevents employers from requiring job applicants to disclose their mental health history.



I'd like to see a better, kinder world for future generations.

Pete

2020

We will hold the NHS to its promise of treating mental and physical health equally by this date and ensure that people can access talking therapies within 28 days of referral.

Make your mark on mental health history with Mind – start planning your will today



I hope that by giving regularly and leaving a gift in my will, I can support the incredible work of Mind throughout my life, and beyond.

Judi, whose family has experienced mental health problems

Making or changing your will has never been easier

Writing a will gives you peace of mind, because you know that your wishes will be carried out after you've gone. But many of us put it off, worried that it will be expensive or difficult.

However, getting your will drawn up professionally is usually simple and – if you use our no-obligation Free Will Offer – costs nothing.

Once you've taken care of those closest to you, you may choose to remember one or more charities in your will. We'd be delighted if you make a gift to Mind, but there's no pressure or obligation to do so. If you do decide to help in this way, every gift – whether it's £500 or 5 per cent of your estate – will make a difference to the many people living with a mental health problem.

If you already have a will, it's important to keep it updated to reflect changes

in your circumstances. Or you may decide to remember a cause close to your heart, like Mind.

Whatever you decide, a solicitor will guide you through the process.

Find the right solicitor for you

Visit mind.org.uk/wills to find a list of solicitors who can help you plan your will.

If you decide to take advantage of our Free Will Offer (see the voucher in the back pocket), we'll provide a local list of law firms who can help – simply choose the one you want to work with.

9/10

Nearly 9 out of 10 people with a mental health problem say they face stigma and discrimination as a result

£600 million

£600 million in funding for mental health services was cut during the parliament of 2010-2015

Questions you might have before you start

Q Why should I write a will?

A will makes a difficult time a little easier for those closest to you and, if you don't, the government could divide up what you own contrary to your wishes.

Q Why should I update my will – and how do I do it?

Your circumstances may change if you marry, divorce, start a family, lose your parents, or retire, so it's wise to review your will regularly. To amend your will, you need to add a codicil – a document your solicitor will help you draw up that's kept with your will*.

Q Why should I remember a charity in my will?

A gift in your will is a tax-effective way to support a charity, because

it's not subject to inheritance tax – and could reduce any tax to pay from your estate†.

Q What are the different types of gifts I can leave to charity?

There are three main ways to leave a gift (also known as a legacy or bequest) to charity:

A residuary legacy is all or part of what remains of your estate, when all other gifts have been distributed.

A pecuniary legacy is a set amount of money.

A specific legacy is a particular item of value, such as jewellery.

Q What is an executor?

An executor is someone responsible for making sure the instructions in your will are carried out. You can

choose up to four. Please remember to check that they're happy to take on this role.

Q Can I include a trust fund to look after a vulnerable person?

Yes, a trust can be created to look after a vulnerable person, for example an adult with a mental health problem.

Q Can I specify funeral requests in my will?

Yes, your solicitor can help you specify the type of funeral you wish to have and include any special instructions.

If you have further questions visit mind.org.uk and search the topic you'd like to find out more about.

* Visit www.gov.uk/make-will for more information

† Please seek professional advice when making your will

Getting started - things you can do right now

Writing a will makes sense practically. And, by remembering the people and causes you care deeply about, it means you can make a lasting difference too.

It's easy to get started, and we've provided everything you need to make it as straightforward as possible. Here's how to get prepared:

1 Plan your will, using the will-planning checklist:

Calculate the value of your estate by listing everything you own and subtracting any debts.

Decide who you'd like to leave gifts to. You may, like many others, choose to leave a residuary gift to Mind as it reassures you that your nearest and dearest will be provided for first.

Choose your executors – people you trust to carry out your wishes.

Record any questions for your solicitor on the back, to take along to your appointment.

2 Make an appointment with a solicitor, or register for a free will (use the voucher provided or visit mind.org.uk/wills).

3 Visit your solicitor to write your will, bringing your checklist and any queries you have. We've provided some guidelines on legal wording for your information.



Let us know your intentions – using the form provided here. It will help us to plan ahead more effectively.

We've prepared some tools to make writing your will as straightforward as possible. If you have any questions, or would like to talk to someone in confidence about gifts in wills, please get in touch with the wills team.

Email: legacies@mind.org.uk

Call: 020 8215 2243

Thank you

By including us in
your will you're helping
all of us with a mental
health problem to get
the support and respect
we deserve

Mind, 15-19 Broadway, London E15 4BQ
020 8215 2243
legacies@mind.org.uk
mind.org.uk

Our thanks to law firms [Stephensons \(www.stephensons.co.uk\)](http://www.stephensons.co.uk) and [Ward Hadaway \(www.wardhadaway.com\)](http://www.wardhadaway.com) for their guidance in the production of this guide (please note Mind does not recommend or endorse any legal firm, and encourages people to seek professional advice in respect of these services).

Registered Charity Number 219830

Your will-planning checklist



Use the handy checklist inside to prepare for your meeting with your solicitor. This will save you time and help your solicitor understand your needs. Jot down any notes and questions you have on the back.

1 People to consider

Use the space below to record the names and addresses (if different from yours) of significant people. Fill in the sections that are relevant to you.

Your partner

.....

.....

Your executors (up to four people, chosen by you, to carry out the wishes in your will)

.....

.....

Your children

.....

.....

Your appointed guardian(s) (if you have children under 18, you may want to appoint a guardian. Record their name(s) and address(es). Don't forget to check that they agree to this. Some people also choose someone to take responsibility for their pets).

.....

.....

2 The value of what you own

Make a note of everything you own (your estate, or assets) and their approximate value. Then record any debts you have. Subtracting the second figure from the first gives you the value of your estate.

Assets	£
Your home (or share in it)	
Other property and land	
Cars and other vehicles	
Home contents (include furniture and fittings)	
Valuables (such as jewellery or art)	
Money in banks and building societies	
Shares, investments, national savings, premium bonds	
Insurance and pensions	
Other savings or assets	
Total assets	

Now jot down what you owe on the next page.

Liabilities	£
Your mortgage	
Loans and overdrafts	
Credit card debts	
Credit or HP agreements	
Other liabilities	
Total liabilities	

Total assets – total liabilities = total estate value	£
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3 Who you'd like to provide for

Write down who you'd like to remember and what you'd like to leave them. Consider if you'd like to leave them a particular percentage of what you own, a cash amount, or a specific item.

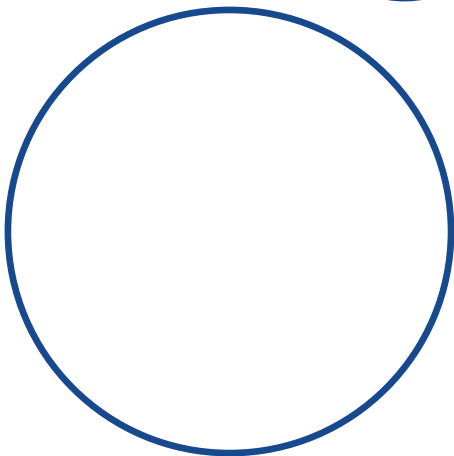
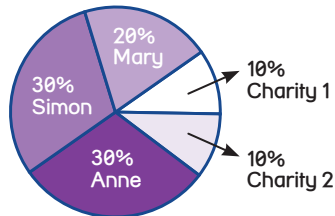
Name	% share	Amount £	Specific item

Please note: You can include family, friends and causes that matter to you. Many people leave a 'residuary gift' (what remains of your estate when these people have been accounted for) to charities like Mind.

4

4

For example:



Notes and questions

Jot down any queries you may like to run past your solicitor below.

[illegible]