



# How your Crafternoon makes a difference

1 in 4 of us will experience a mental health problem this year. Every Crafternoon helps Mind make sure no one faces a mental health problem alone.

£80

could keep Elefriends, our online peer support community open and safe for one and a half hours, allowing our 60,000 users to give and receive mental health support in a safe space.

£120

could pay for someone struggling with their mental health to attend a ten week wellbeing group.

£250

could enable 180 people to campaign for change by compelling MPs to put mental health on their agendas.

£25

could answer five calls to our Infoline, offering support, advice, and a listening ear to someone when they have nowhere else to turn.

Crafting and raising money for Mind,  
the mental health charity.

In aid of  
mind  
for better mental health