



Welcome to Mind Membership



We're so pleased you've joined us.

Welcome to Mind



Thank you so much for becoming a Mind member. I'm delighted you've chosen to join us, and I hope you'll enjoy being part of our membership community. At Mind, everything we do is guided by one belief: that no one should face a mental health problem alone. That thought is our inspiration.

It's why Mind runs groups and projects to promote mental health right across England and Wales. It's why we constantly push for better mental health services. It's why we campaign to end the stigma that still surrounds mental health. And it's why we see each new member as a real reason for celebration – because together we have more power to make change happen. You are a key part of our movement for change.

You're at the heart of what we do.

Over the coming months, I hope you'll realise just how important our members are. You can choose to do as much or as little as you like, but you'll have plenty of chances to give us your opinions, share your story, join us at events and add your voice to our campaigns.

Whether you have experience of mental health problems, or you're a mental health professional, or you're a carer, or you know someone who lives with mental health problems, we care about what you care about. So if you want to have your say or get involved in our work, we'd love to help you do just that.

For now, though, I just want to say a huge thank you. It's great to have you here, and I hope you'll take plenty of inspiration from being a Mind member.

With best regards

Paul Farmer
CEO

Membership benefits

You're now part of an amazing community of people who are determined that no one should face a mental health problem alone – and you've got all this to look forward to:

- > Mind Membership News magazine, published every three months and full of mental health news, debates, celebrity interviews and highlights from Mind groups near you.
- > Our regular e-newsletter, updating you on Mind's work, volunteering opportunities and the latest mental health news in your region.
- > Opportunities to share your experiences of mental health.
- > The chance to become a Mind trustee and help decide which issues we should focus on.
- > Focus groups, surveys and other chances to make your voice heard and make change happen.
- > All sorts of other exciting extras, like gig tickets, giveaways, the chance to judge the Mind Media Awards and much more.





**'For the first time
I had a diagnosis. I
could look back and see what
had caused me to behave
how I did for so long.'**

Anna

Our members... are experts through experience

Many of Mind's members have first-hand experience of mental health problems. Others work in mental health, care for others, or have family members and friends with mental health problems. By sharing their stories, they show the reality of mental health – and help to tackle the stigma that still exists.



**'Change
will only happen
if our future leaders hear
what we are saying – and Mind
provides a collective voice for
us all to shout louder about
mental health.'**

James

Our members... are listened to

Our members get involved in research, events, campaigns, focus groups and surveys to increase understanding of mental health. James was one of 10 members who became a Voice of Mind, campaigning for mental health to get its fair share of government funding.



'I want people to be aware that it is possible to recover from psychosis. I found it incredibly difficult to find any encouraging stories of recovery, and then I found Mind.'

Nikki

Our members... are connected

By sharing their stories, our members support each other and create a sense of community. Nikki shared her experience of psychosis in our magazine because she wanted anyone with similar symptoms to know they are not alone. There are plenty of other ways for our members to connect too, like our book club. See your enews to find out what you can do.



'We wouldn't be Mind without our membership. Members allow us to make sure that our work is always informed and guided by those of us with real and current knowledge of the challenges of living with a mental health issue. You help us prioritise so we can make the most difference. Thank you.'

Stevie Spring, Trustee

Our members... are our trustees

Mind is governed by board of up to 16 trustees – and every one of them is a Mind member. So if you want to help shape what we do, the opportunity is there. We're serious when we say we care what our members think.

Thank you
for becoming
a Mind member.



We'd love to hear from you:

Speak to us: 0300 999 6367

Send us an email: membership@mind.org.uk

Write to us: 15-19 Broadway, Stratford, London, E15 4BQ

