



**Welcome to Mind membership**

It's all about you





## Ready to tell us where to go?

It's great to be able to welcome you as a Mind member, because members like you make us who we are. Thanks so much for joining us.

This booklet should give you a taste of what you can expect as a member. But really we can only give you a taste – because membership is all about you. Our members help guide our work and tell us where we should focus, so I hope you'll feel able to share what matters to you. Your experiences, your insights, your opinions, your concerns – we want to hear it all. There's no pressure though – how much you get involved is totally up to you.

For now, we'd recommend you take a second to put the kettle on, then settle down to read this welcome pack and hear from other members like you. It's great you're with us.

### **Your Mind membership team**

#### **Fire in your belly? We're all ears.**

Let us know what's on your mind. Email the membership team anytime at [membership@mind.org.uk](mailto:membership@mind.org.uk) or call us on 020 8519 2122.

**We're Mind.**

**We connect minds.  
We support minds.  
We change minds.**

**We're here to fight  
for mental health.**

**For support.  
For respect.  
For you.**

## Want to fight for mental health? You're in the right place.

Mind membership is what you make it, but here's what we offer to make it work for you:

- **Mind's quarterly membership magazine – exclusive to members and the perfect place to talk about what matters to you.** Share what you've been through. Hear from other members fighting for mental health alongside you. Guest edit an issue and shape the content across a magazine. When we say it's your magazine, we mean it.
- **Your fortnightly enews – packed with ways to steer Mind's work, share your experiences and connect with other members.** All kinds of organisations contact Mind for support with research studies, focus groups and more. If you're keen to share your truth, we'll put you in touch.
- **Exclusive competitions and opportunities.** Win prizes for your photography, star in Mind's videos or bag yourself a Christmas hamper. It's the least you deserve.
- **Our membership book club.** Share your reviews, get tips from other members and be in with a chance of winning the books we review.
- **A whole lot more.** You're now part of a community of people standing together for mental health. That's what it means to be a Mind member, so this list really is just the beginning...



**“I feel so proud to be part of this community. I want to share my story and tell people about it.”**

James, Mind member

## The future of mental health starts with you

If you're interested in shaping Mind's work and influencing the wider world of mental health, then step right up.



**“Shortlisting is the most amazing experience. Just being around people who want the same things as you – who want to try to end stigma and to try and raise awareness – it means a lot. I'm so glad I have the opportunity to help share these stories and spread the word.”**

Laura helped to shortlist candidates for the Mind Media Awards

### Your voice matters

You've joined a community of people who won't accept mental health the way it is. Here are a few ways members have fought for change lately:

- Advising NHS England's adult mental health team
- Starring in a social media video for Mental Health Awareness Week
- Testing out a new virtual reality treatment for depression
- Voting to choose the trustees that sit on Mind's board
- Joining focus groups to make sure Mind's media work has maximum impact.





**“I’ve wanted to write about my depression for a number of years but I was scared of judgement, scared of losing business. But then I was asked to guest edit the membership magazine and share my story. I saw this as a gentle nudge to take a big step and a leap of faith. I’m so pleased I did it. After writing for the magazine, I wrote a blog post about depression and went public with it. It felt so cathartic and liberating.”**

Paul guest edited our magazine in 2021 and it gave him the confidence to open up about his depression for the first time.



## Your experiences make you the expert

As a Mind member, you'll discover what other members have been through and – if you want to – have the chance to share your story. It helps us focus on the issues that matter, and makes sure the world sees what mental health really means.



“I find that being a Mind member is an incredibly rewarding experience. The Mind community is an inclusive and supportive one, and I feel honoured to have been involved in creating Mind’s magazine with a team effecting such positive change.”

Hannah guest edited our membership magazine in 2021, shining a spotlight on issues including eating disorders and young people’s mental health.



“I read the Mind membership magazine to feel a part of a bigger community of people who understand what it’s like to struggle with their mental health. When I was ill, it helped to read about experiences of dark times because it made me feel less distant from other people – that I wasn’t so alien.”

At first, Alice found comfort in our magazine, then she helped others find hope by sharing her own mental health experiences.



## Your art? We love it.

Like to express yourself through painting or writing? We’ll show off your work online and in our magazine.

“This is the first time I have had anything published. It has really helped my confidence to enter more competitions.”

Lorna had two paintings chosen to feature in Mind’s 2021 calendar

“I recently went part-time in my job to focus on starting a career in writing (a big risk!) so having my poem published in the magazine has been a great confidence booster that I’m heading in the right direction.”  
Margarita





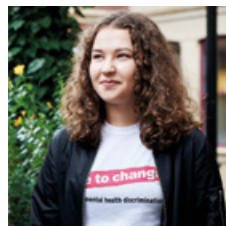
**“Being involved in Mind’s strategy advisory panel has allowed me to voice my views and have them listened to. Drawing upon our experiences as members empowers us to be catalysts for change. I think it is important for Mind to understand and use the perspectives of people with lived experience to inform its future strategic focus.”**

Habiba was one of the members who helped Mind develop our most recent strategy.

# We are Mind

**We're looking forward to getting to know you better. In the meantime, this is us.**

## We are campaigners



Our community of over 40,000 campaigners take action to change the mental health system in England and Wales. We know people from racialised communities, people in poverty, and

children and young people are disproportionately affected by mental health issues – so our campaigners stand with them to fight back.

## We are volunteers



Our volunteers are the lifeblood of Mind. You'll find them in our shops, in local Minds, talking to the media, helping out at Mind HQ and cheering on our fundraisers at events across England and

Wales. If you're ever interested in volunteering, just let us know and we'll connect you with the right people.

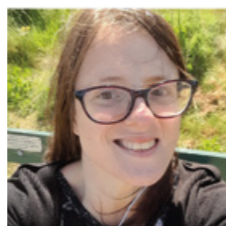
## We are fundraisers



If there's one thing that connects Mind's fundraisers, it's their determination. We're constantly amazed by the things people do to fight for mental health – and extremely grateful too. Every

year fundraisers take on runs, bike rides, swims, bake sales, video game marathons, virtual DJ sets, community events and plenty more.

## We are experts by experience



We're here to support everyone who wants to use their experience of a mental health problem to open people's eyes and share their truth. Our Youth Voice Network brings together

thousands of young people to guide our work, while many other people of all ages help improve our mental health information and tell their stories at our website.

## We are trustees

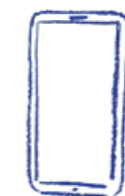
Our trustees sit on Mind's board. They oversee everything we do – and not only are they chosen by Mind's members, but to be a trustee you need to be a Mind member. So if you're up for it, we hold trustee elections most years. Back in 2006, Rohan tried to take his own life. Now he's a trustee with Mind, determined to stop people reaching crisis point.



**“I have a very special opportunity to help shape the sustainability and continued success of Mind so it can continue to transform lives and communities for generations to come. When Mind helped me to rebuild my life, it was for the long term.”**

## We don't mess around

**In 2020/21...**



**We responded to over 118,000 queries to our support and information helplines.**



**Over 20,000 people used our online peer support communities to share, be heard and get support.**

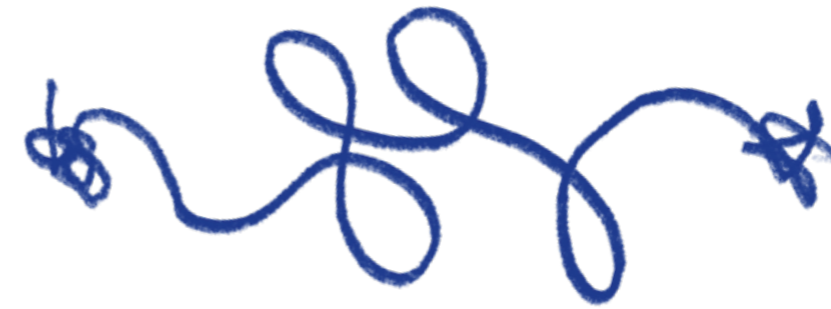
**To find out more about everything we do and to get involved with our work in new ways, head to [mind.org.uk](http://mind.org.uk)**





## If you ever need support, we're right here

Every year, we publish simple, straightforward information on all kinds of mental health problems and treatments online. We asked Lottie from Mind's info team for some advice that might help if you're struggling. And remember, if you need us, we're here.



**1. Connect to others.** It's not always easy to talk about our mental health. Even when we do, people don't always react in the way we hope. Services are also far from perfect, and it's understandable to sometimes wonder if it's worth asking for help. But reaching out is a vital step in getting the support we need and deserve. If you feel you're not being listened to, there may be other options you can try. For example, you could ask to speak to a different GP or join a peer-support group, such as Side by Side – Mind's online community. You can find it at [sidebyside.mind.org.uk](https://sidebyside.mind.org.uk)

**2. Take small steps.** When we're feeling low or unwell, it can be tough to find motivation. Even if we know something might make us feel better, doing it can feel impossible. Try breaking things down into the smallest steps you can think of. For example, instead of trying to clean your kitchen, try to clean one cup. Or, if you're feeling lonely but socialising feels overwhelming, try sending a text with one word or an emoji. If you can't face going outside, try connecting with nature by bird watching out your window, or looking at animal videos. Take the time to acknowledge and celebrate any small wins.

**3. Do what works for you.** There are so many tips out there about how to manage our mental health. A lot of it can be really helpful. But different things work for different people. And things that might be useful for you on one day may be completely unhelpful the next. Try not to worry if something doesn't work for you. Sometimes figuring out which advice you need to ignore right now can be an important part of taking care of yourself.

You can find out much more about mental health problems, getting support and taking care of yourself at [mind.org.uk/info](https://mind.org.uk/info)





**Reached the back page?  
This is only the beginning.**

We can't wait to discover how you now take Mind forward. Our members guide our work and make us stronger - and you've joined us at a critical time for mental health. Thank you for being with us.

If you ever need us, just shout:

Email [membership@mind.org.uk](mailto:membership@mind.org.uk)  
Tel 020 8519 2122

**We're Mind. We're here to fight for mental health. For support. For respect. For you.**

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