

**Ready to fight
for the future of
mental health?
We are too.**

A guide to leaving
a gift in your will.



The future of mental health starts here

I'd like to begin this guide by saying thank you. Because whether you've decided to leave a gift in your will or you're just starting to consider the idea, it shows how much you care.

It's thanks to people like you that we will keep up the fight for mental health, long into the future.

We've produced this guide to let you know more about what's involved in leaving a gift in your will. Hopefully it will answer any questions you may have too. It's a very personal decision and one that needs careful thought, so if you have more questions or concerns, please do get in touch using the contact details on the back cover. You're under no obligation to leave a gift, and we'll never ask you for details of any gift you do decide to make.

I hope, as you read the guide, you'll get a sense of just how much we've achieved thanks to people like you. Progress takes time, of course. But if we look back at how mental health was treated and talked about even 20 years ago, it's clear we've taken huge steps forward.

And I also hope you'll get a stronger sense of why we must fight for mental health – at a time when so many people continue to struggle alone. Together, we create hope, and a gift in your will is a powerful way to keep doing that – for many years to come.

Thank you for your kindness,

Stevie Spring
Chairman, Mind

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

I'm very conscious of the immense difficulty and isolation experiencing a mental health problem can bring. I also know only too well how vital the right support is.

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 Mind will still be there for everyone who feels ready to say 'I need help'. Thank you.”

Stephen Fry
President, Mind

Every year, we make sure millions of people get support and respect

In just one year...

Our mental health information was accessed

20.7 million times



We reached

1.57m employees

through our workplace wellbeing programmes



Nearly 33,000 people

with mental health problems worked with us to make sure our services met the needs of the people who use them



We responded to over

118,000 queries

to our information and support lines*



*All statistics for the financial year 2020/21.

What do you want the future of mental health to be?

With a gift in your will, you can take on the biggest challenges to mental health – and keep building on years of progress.

Mental health isn't hidden anymore. For millions of people, it's now something to be honest about – not ashamed of.

But there's still so much more that needs to be done. Waiting lists are far too long. People are pushed into poverty because of their mental health. The mental health system is failing racialised communities. And a generation of young people are dealing with anxiety, trauma and self-harm.

That's why we won't stand still. We have always taken on the biggest threats to mental health, and today we work in four vital ways to reach the people whose mental health is most at risk.



We connect minds – bringing people and organisations together to make change in their communities.

We support minds – delivering life-changing support and information, face-to-face, over the phone and online.

We change minds – speaking out and demanding better from policymakers and the public.

Together, we are Mind – we work with local Minds, Mind shops and our colleagues and supporters to become a more inclusive and effective federation.

Every year, millions of people turn to Mind for support. We stand shoulder-to-shoulder with every one of them, because nobody should face a mental health problem alone.

With a gift in your will, you can help create the future that everyone facing a mental health problem deserves.

“If it wasn’t for Mind, I wouldn’t be here now. I will never forget their part in my recovery.”

Did you know?

On average, **5%–10%** of Mind’s fundraised income each year comes from **gifts in wills**.



We've come a long, long way together..

1946

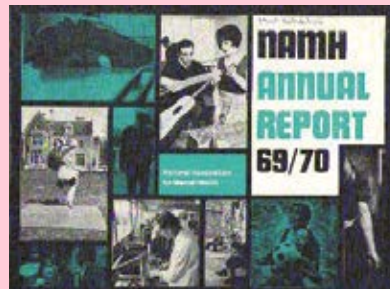
We begin as the National Association for Mental Health.



1950–60s

With mental health barely talked about, we set up a library and information service in London.

We develop some of the first community-based services and local groups too.



1970s

We're known for our fighting spirit. One magazine describes us as 'firmly on the side of the patient and not at all scared of speaking [our] mind'.

Our Home from Hospital campaign doubles the number of community housing places for people with mental health problems.



1980s

We set up our MIND LINK network. As a result, over 2,000 people with lived experience of mental health problems start shaping our work.

And we set up our Black and Ethnic Minority Development Team and Diverse Minds projects, to improve support for racialised communities.

1990s

We campaign successfully for the ground-breaking Disability Discrimination Act. And we host the first Mind Media Awards, celebrating the best media portrayals of mental health.



2000s

Our legal advice line opens. It receives 6,000 calls in the first year. And we launch the Time to Change campaign to smash through stigma with Rethink Mental Illness. Over the next 15 years, the campaign improves the attitudes of 5.4 million people towards mental health.

2010s

With mental health getting more attention than ever, we're involved in landmark legal victories to end discrimination. We also increase our focus on supporting people at work. And, by the end of the decade, we're answering 100,000+ calls annually to our Infoline.

2020s



Together with our network of over 100 local Minds, we fight harder than ever for mental health. Our coronavirus information is viewed over a million times within a month of the first lockdown.

We set up our Youth Voice Network, so 3,000 11 to 24-year-olds now guide our work. And our new strategy focuses on groups that are suffering more than ever – young people, people from racialised communities and people in poverty.

Just imagine the difference you could make in the future with a gift in your will.

If you'd like to write or update your will, we can help

It's one of those things many of us put off, but making a will is easier than you might think.

Writing a will gives you peace of mind. It means you know your wishes will be carried out and your loved ones will be looked after when you're gone.

And, with our Free Will Offer, we can put you in touch with a local solicitor who can help with the whole process for no charge. That's true whether you're making a will for the first time or want to update an existing one.

We can help you find a solicitor nearby

With our Free Will Offer, you can choose to make or update your simple will at no cost with an in person appointment at one of nearly 900 firms of solicitors across the UK. Most people have a choice of solicitors within 15 miles. And while we hope you will consider leaving a gift to Mind, there is no obligation and you won't be put under any pressure.



Write your will from the comfort of home

If you live in England or Wales and would prefer to write or update your will online or by telephone, we can help with that too – just head to mind.org.uk/free-will-offer

To find out more about Mind's Free Will Offer, visit mind.org.uk/free-will-offer

“I have already recommended the Free Will Offer to others. Thank you for providing this service – we wouldn't have been able to afford a solicitor.”

Sonya



A few questions answered

By thinking through a few important details, you can make writing or updating your will easier than ever.

When should I update my will?

If you already have a will, it's important to keep it up to date if your circumstances change. For instance, you might want to make changes if you get married or divorced, start a family or retire, or if one of the people mentioned in your will passes away.

How do I update my will?

To make changes, you can either write a new will or add a codicil to an existing one. That's a document your solicitor can help you draw up. It needs to be kept with your will. Writing a new will is often the safer option, as a codicil can easily become separated from your will.



Are there different types of gift I can leave?

Yes, there are three main types:

- A residuary gift involves giving all or part of what remains of your estate, after all other gifts have been distributed. As a residuary gift is a percentage of your estate, it keeps its value over time.
- A pecuniary gift is a set amount of money.
- A specific gift is a donation of a particular item of value, such as jewellery.

What are my options for taking care of a vulnerable loved one after I am gone?

We can't give legal advice, but we suggest you speak to a solicitor to see if a discretionary trust might be a good option for you. A trust can look after someone's best interests, assist with their care costs and make sure they continue to receive any benefits they're entitled to.

Are there tax implications of leaving a gift to Mind?

Including a gift in your will is actually a tax-effective way to donate to charity. Your donation won't be subject to inheritance tax. And it could reduce any tax that needs to be paid from your estate.



What are the first steps I need to take?

1. Before you speak to your solicitor, it's useful to calculate the value of your estate – everything you own minus any debts.
2. You'll need to decide who you would like to leave gifts to, so it's helpful to spend time thinking that through in advance.
3. Don't forget to choose your executors – that's the people you want to carry out your wishes.
4. You might like to write down any questions you have.

Your solicitor will support and guide you at every stage, so there's no need to worry. And we're always here to help if you need us.

If you do decide to leave a gift to Mind in your will, we'd love you to let us know. It's completely up to you whether you tell us, but it helps us to plan our future work effectively and means we can thank you properly and let you know what your gift could achieve. We'll never ask you how much you plan to leave, and you can change your mind at any time.

If you have more questions or want to tell us about a gift in your will email legacies@mind.org.uk or call 020 8215 2243.





“For me, it was important to make sure I left a percentage of my will to Mind as it is a charity that I am passionate about and mental health is such an important issue to me.

My grandad suffered from paranoid schizophrenia and alcoholism and a few years ago my dad battled with depression. Experiencing how hard it has been for my family, and the stigma that still exists around mental health issues today, has made me really passionate about doing what I can to reduce this stigma.

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





**Thank you for thinking of leaving
a gift in your will to Mind. If you
need us, we're here:**

Mind Gifts in Wills Team

legacies@mind.org.uk
or call 020 8215 2243

Mind Infoline





0300 123 3393

We're Mind.

We're fighting for support.

For respect. For you.

Mind
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Stratford London
E20 1JQ

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and a registered company (no. 424348) in England and Wales.