



Host a  
**Big Brunch**  
this **October &**  
put a **smile** on  
**someone's face!**

1 in 4 people experience mental health problems but most of us don't get the help we need. This has to change. That's why we fight so hard for mental health.

**For support, for respect, for you.**



**Mind's  
Big Brunch!**

# How your support changes the lives of people with mental health problems.



**Connecting people with our expert team so no one is ever without a place for support.**

In 2023/24 we responded to 122,000 queries to our support and information helplines. That's around 469 contacts per day!



**Over the phone, online and in communities, Mind is there.**

Our network of around 100 local Minds un mental health services in communities. By 2023/24, 48 local Minds were offering supported self-help in England, Wales and the Channel Islands. Together they reached 6,500 people.



**Making mental health an everyday priority across England and Wales.**

From pushing for reform of the Mental Health Act, to opposing the benefit cuts, 34, 912 people campaigned with us to improve services and push for justice.

**Last year our mental health information was accessed 25.3 million times. Help us to continue making sure no one faces mental health problems alone.**

# A Big Brunch can help make life feel better.



Here's how your Big Brunch can help us  
be there for everyone that needs us.

**£10** could help our Infoline advisors be there  
for someone with nowhere else to turn.

The Infoline is a crucial service that helps people find out more about everything from mental health problems to treatment options. This could be lifechanging for someone reaching out for help for the first time.

**£30** could help pay for an hour of script  
advice from our media advisory service.

This is crucial in the battle against stigma – our media advisory service helps writers portray mental health accurately and respectfully, across TV, film and media.

**£47** could help us keep Side by Side open for  
30 minutes.

Side by Side is Mind's moderated online community where anyone can join, talk and find support 24/7. It's a safe place to connect with others who understand what you're going through.



[Click here or scan this QR code to learn more about our information and support services.](#)



**“If I hadn’t used Side by Side, I think I would have been struggling more. Maybe I would have taken longer to quit my job and that would’ve had a bigger impact. So, for that, I’m really grateful Mind exists.”**



Hayley is in her late twenties, and lives in Eastleigh, Hampshire, with her mum whom she calls her hero.

After being severely bullied at secondary school, Hayley developed depression, anxiety, and OCD, but with her mum’s support, she sought specialist help.

College was a happier time for Hayley, and she went on to university where she studied art. But in her twenties, her mental health deteriorated again due to workplace bullying.

During a tough period working at a supermarket, Hayley discovered Mind’s Side by Side service. The service helped Hayley make the big decision to leave her job, as well as build social connections.

Now looking for new work, Hayley feels that although employers promote inclusivity, stigma around mental health remains. She continues to manage depression and anxiety and suspects she may have Premenstrual Dysphoric Disorder (PMDD).

Hoping to support her wellbeing, Hayley wants to return to art and has started volunteering in a charity shop to boost her CV and stay positive.

**Every pound raised from your Big Brunch will help people Hayley get the support they need. That’s something you can always be proud of.**



Registered with  
**FUNDRAISING  
REGULATOR**

Mind (the National Association for Mental Health)  
Registered charity in England  
(no. 219830) and a registered company (no. 424348) in  
England and Wales.