



Host a
Big Brunch
this **March** &
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 2022/23 we answered 130,973 queries through our helplines. That's around 522 contacts per day!



Providing a safe, online community 24/7 for anyone who needs it.

Side by Side, our online peer support community, is a safe place to talk about your mental health with others who understand. The community has over 17,100 people signed up and is ever growing.



Making mental health an everyday priority across England and Wales.

From pushing for reform of the Mental Health Act, to banning conversion therapy, 34,628 people campaigned with us to improve services and push for justice.

Last year our mental health information was accessed 23.3 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** could make a big difference this March.

£10 could help our **Infoline** answer 1 enquiry.

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

£15 could help us keep **Side by Side** open for 30 minutes.

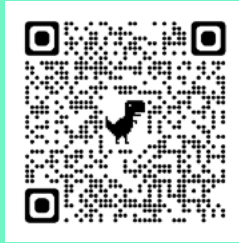
Side by Side is Mind's moderated online community where anyone can join, talk and find support. 24/7. It's a safe place to connect with others who understand what you're going through.

£20 could help us give people vital information with 200 of our information booklets.

They cover all kinds of mental health topics, and give people trusted information when they need it.



[Click here or scan this QR code with your phone to read Jasmine's story](#)



We won't stop until everyone with a mental health problem gets the support and respect they deserve. Jasmine shares how Mind has supported both her and her mother with their mental health.



“Mind has always been there for me and my family as far as I can remember. My mum was diagnosed with schizophrenia when I was a child and needed lots of help with housing and other issues. I was only a teenager so I couldn't look after her, but there were charities, including Mind, to help.

In my teens I developed an addiction that led to an anxiety and depressive disorder, which has recently been diagnosed as complex ptsd. I've always used the Mind website to check my symptoms, find out about different therapies and read other people's stories.

It's given me the confidence to tell my story, and hopefully sharing it will help others. I want people to know that Mind is there to help them and if they can face their problems early, they might not suffer for as long as I have.”

Every pound raised from your Big Brunch will help people like Jasmine get the support they desperately need. That's something you can always be proud of.

