



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.



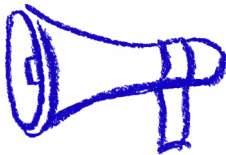
**Connecting people with our expert team so no one is ever without a place for support.**

In 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 can help us be there for everyone that needs us.

**£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 India's story



**Together, we can make sure no mind is left behind. India shares how Mind provided her a safe space and hopes for a future where mental health services are more person-centred and supportive.**



“I have struggled with my mental health since 2007, when I was 14 years old, and I was sectioned under the Mental Health Act at 18 following an overdose.

When I first accessed all the information on the Mind website, I could really relate to it. From the comments on different articles, I found out about support groups. I joined a group for people with Post Traumatic Stress Disorder (PTSD) and one for people with personality disorders.

The support I received from Mind has been a lifeline. You can ring friends and family and they might not answer, but being able to call Mind's Infoline and talk to them when I needed to, it was everything.

Mind helped me understand what was going on with me. That is the most powerful thing you can give someone. Now I don't feel embarrassed about who I am. I'm ok with who I am”

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

