

## **Mind**

### **Our vision and mission**

Mind's vision is of a society that promotes and protects good mental health for all, and that treats people with experience of mental distress fairly, positively, and with respect.

The needs and experiences of people with mental distress drive our work and we make sure their voice is heard by those who influence change.

Our independence gives us the freedom to stand up and speak out on the real issues that affect daily lives.

We provide information and support, campaign to improve policy and attitudes and, in partnership with independent local Mind associations, develop local services.

We do all this to make it possible for people who experience mental distress to live full lives, and play their full part in society.

### **Where we work and staff**

Mind works in England and Wales (not in Scotland and Northern Ireland). This means we work with the UK Government in Westminster, and the National Health Service (NHS) in England and Department of Health and other departments in England, and also with the Welsh Assembly Government and with government departments and the NHS in Wales.

We have about 150 staff, mostly in London, some in Wales and a few spread around the country supporting our local organisations. Many of our staff are part-time. We have maybe 20 or 30 volunteers.

### **What we do nationally**

Mind is a national organisation. We

- fight for better services and civil rights for people with mental distress, against stigma and discrimination – through our policy and campaigning work. Current priorities include
  - 'Time to Change' – a large anti stigma campaign with funding from the National Lottery, which we run jointly with another mental health NGO. It is a four year campaign
  - Health promotion – particularly green exercise
  - Men and Mental Health – we have a campaign launching on 9 May
  - Welfare Reform – campaigning against government proposals to cut welfare benefits
  - 'Future Visions' – a coalition of organisations looking at how mental wellbeing and mental health services should be addressed in the next 10 years (important for us as we expect major change of government in May 2010)
- promote better mental health for all – through the media and different projects on wellbeing

- provide information and legal advice to people with mental distress and their carers and relatives through a telephone helpline and email service – 31,000 calls/emails/letters in 2008-09. We contract this service out to a specialist helpline provider and this has allowed us to increase the quantity and the quality of the service. The service is focused on information and advice, and at the moment just 9am-5pm Monday to Friday. We do not provide counselling or an emergency service as there is another well known free helpline called the Samaritans in the UK. We provide a lot of information as publications and on our website also.

### **Local Mind associations**

We also support around 190 local Mind associations around England and Wales. Each is a separate NGO with a trustee board and its own budget etc. They use the Mind name and we assess the quality of them, and they sign up to our mission and values. They are all quite different, because they respond entirely to local need, but most of them provide services to people with diagnosed mental health problems, and are funded by the National Health Service, or local government to do this. We run different grant schemes, good practice groups and offer other services to support these associations.

### **How we are funded**

Most of our money comes from individual donations from individual members of the public – monthly donations, sponsorship from runs, swims or other projects, one-off gifts. We have Mind shops across England and Wales that sell second hand clothes and other goods donated by the public. Some projects are funded from trusts or corporate sponsors. We take very little money from Government as this allows us to stay an independent voice. Many mental health NGOs in the UK have sponsorship from the pharmaceutical industry, but Mind does not accept any money from pharma sources.

### **Involvement of people with experience of mental distress**

This is a hot topic generally within mental health in the UK. Mind believes strongly that people with mental distress are what we are all about. Our board of trustees must be 51% people with personal experience of mental distress (and in practice is much higher). We employ a high proportion of people with mental distress. We have a National Advisory Panel of people with mental distress who give us advice. We ensure that we directly involve people in developing policies and campaigns, and in speaking to policy makers or the media. This is an important part of our identity as an organisation.

For more information see [www.mind.org.uk](http://www.mind.org.uk)