



Our impact

Helping people live their best possible lives at home, school and work

2023–2024
Impact Report



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Introduction from Brian Dow, CEO of Mental Health UK

Looking back on the past year, I'm proud of our team for providing targeted mental health support and education. This has only been possible thanks to the commitment of our supporters, volunteers, and partners. The results you'll see in this report are a testament to that effort.

I've had the privilege of meeting many of the individuals behind the numbers here. These are everyday people from across the UK who have benefited from our programmes — whether it's finding work after a period of poor mental health, learning about resilience in school, managing burnout at work, or getting help with their finances. Their stories remind me of what our work is all about: we all have mental health, and that's always going to be central to our mission in providing support to everyone, no matter what their unique needs are.

We know that to provide that kind of tailored support, we need to recognise that mental health doesn't exist in isolation. It is deeply intertwined with the places we spend our time throughout our life. That's why we defined our areas of support as 'home, school, and work', creating a practical framework for support and allowing us to better identify key threats to mental health.

For example, we are becoming more aware how children in financially struggling homes are at a higher risk of developing mental health issues, highlighting the inequalities that exist. I'm excited to see our Me & Money programme making a difference for 14–18-year-olds by teaching them how to manage both their finances and mental health. This programme addresses a growing need and is part of our broader approach, following our flagship Mental Health & Money Advice service.

In the realm of work, we know there's been a growing conversation around economic inactivity, the UK workforce, and mental health-related absences. We've continued to advocate for those facing barriers to employment because of their mental health. Our award-winning 'Into Work'

programme, funded by Bank of America, has shown great results in providing holistic support for individuals with mental health challenges to secure and maintain meaningful jobs.

We also launched our first-ever 'Burnout Report' in January this year. The report sheds light on the state of burnout and offers essential recommendations for both employers and individuals to tackle long-term stress. It's just the beginning, and I'm looking forward to diving deeper into this critical issue in the years to come.

All these impactful initiatives are strengthened by our wonderful supporters and partnerships. Whether it's fundraising by walking 20km at a vibrant GLOW night walk, hiking a mountain, or even knitting, I've seen so many inspiring stories that connect back to our cause. I also want to thank our partners, whose active involvement helps us create some of our most impactful programmes — without them, our vital work wouldn't be possible.

While this Impact Report gives us a chance to reflect, we must remain vigilant about the changing mental health needs in the UK. There's always more to do, but I'm excited about the path we're charting for the coming year.

Our plans include strengthening our workplace support, reaching more young people, further exploring the link between finances and mental health, and developing new practical support for women's mental health, particularly around the unique connection between menopause and mental health. Our ultimate goal is to be the mental health charity that equips everyone with the tools to live well in all areas of their life.

Who we are and what we stand for

We are the charity for everyone’s mental health. We challenge the causes of poor mental health and give people the tools they need to live their best possible lives at home, school and work. In a rapidly changing world, we bring together the heritage and experience of four charities from across the country who’ve been supporting people with their mental health for over 50 years.

Vision

Together, we’ll better understand and manage our mental health.

Mission

We won’t stop until everyone has the tools they need to live their best possible life, at home, school and work.

Programme objectives



Tackling societal challenges head-on

We remain at the forefront of the most pressing societal challenges, ensuring we are agile and responsive to the emerging drivers of poor mental health. Through innovative prevention programmes and strategic partnerships, we create environments at work, home and school that support everyone’s mental health.



Driving systemic change

We are dedicated to transforming the mental health landscape by addressing systemic issues that affect our mental health. Through advocacy, programme delivery and partnerships, we tackle the root causes of poor mental health and work towards sustainable, long-term solutions.



Championing mental health equity and embracing intersectionality

We are committed to advancing mental health equity by ensuring that everyone, regardless of their background or circumstances, has access to the support and resources they need. Our programmes have a focus on underserved communities and are informed by the knowledge that mental health is influenced by factors such as race, gender, socioeconomic status and employment status. They are designed to overcome barriers to mental health support to ensure individuals receive equitable and inclusive support.



Empowering voices, shaping solutions

We remain agile to the evolving needs of our communities by embracing co-production and involvement. By actively involving those with lived experiences of mental health challenges in the design and delivery of our programmes, we ensure our services are truly reflective of the needs of the people we support.



Our programmes, at home, school and work across the UK

We understand the interconnectedness of mental health, and over the past year have been dedicated to identifying areas where we are able to offer the best support. Our programmes aim to address the core threats to mental health within the realms that we spend much of our lives — home, school and work. Through this framework, we can clearly tailor our support offering and provide services for everyone, no matter where they are on their journey through their life course.



Mental Health UK is a partnership between our four founding charities

We build on the heritage of Rethink Mental Illness (England), Change Mental Health (Scotland), Adferiad (Wales), MindWise (Northern Ireland). While we share values and many similarities in approach, we recognise the different environments in which we operate. That's why as Mental Health UK, we develop and deliver projects collectively in pursuit of an overarching vision and UK-wide objectives, but with national delivery recognising local needs and context.



Our Impact at a glance

1.3 million

visits to Mental Health UK's website



89%

of young people

said they felt confident in their understanding of mental health after participating in a Bloom workshop



Over  Mental Health & Money Advice

£7 million

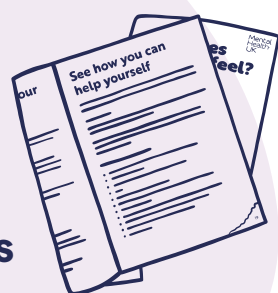
total gains for clients by Mental Health & Money Advice service



Bloom

615

Bloom workshops delivered across the UK



98%



of clients on our Into Work programme showed an improved score on wellbeing measurement tool*

106,721 young people

supported through our Young People's Programmes



Clic
10,796

users connecting on Clic



*(SWEMWS/Dialog+/Adferiad Recovery Wheel) between entering and exiting the programme





Home

Mental Health & Money Advice:

Helping build a positive relationship between money and mental health

Mental Health & Money Advice is the first UK-wide service to combine support for both mental health and financial problems. We help people to better understand, manage and improve their financial situation and mental health by providing practical advice and support. Our service consists of one-to-one support and a dedicated website that seeks to break the link between mental health and money difficulties.

Our mission

We set out to support clients in the wake of significant challenges brought about due to the cost-of-living crisis. Over the past year, we piloted a new referral process and opened new referral pathways, seeking to make the service more accessible and to reach more people.

Our impact

- MHMA supported 1,013 clients in 2023–24
- 78% clients reported increased wellbeing
- 81% clients said the support had improved their ability to manage their money
- 1.2m people accessed the MHMA website.

Money navigation team trialled in England. This newly created team:

- Received 238 referrals and supported over 60 clients with benefits casework (newly created benefits adviser in post from end of 2023).

MHMA achieved £7.72m in financial support outcomes, consisting of:

- £3.4m debts managed
- £1.27m debts written off
- £2.4m benefit gains
- £562K of support grants or funds secured for clients.



Ali's story

Ali* was referred to us as he was facing escalating debts and redundancy. He told us he had been diagnosed with multiple mental health problems, as well as multiple physical health issues. He told us that he was confused and that his issues were not only impacting his daily life, but he was unable to differentiate on what choices could be available to him.

First, we looked at maximising his income, and we helped him apply for New-Style Employment and Support Allowance (ESA) and ensured he was on the correct rate of Personal Independence Payment (PIP). We then looked at his debts and his redundancy options. His redundancy pay would clear his debts, and he decided to take this course of action, being unable to work due to his ill health. We supported him to clear his debts by contacting his creditors when he had received his redundancy money.

“Someone was always at the end of the phone to put me at ease.”
– Ali*

Feedback from Ali was that he was very happy and relieved with the outcomes and was extremely grateful to MHMA for the consistent support he received at each step of the process.

Jack's story

Jack* needed support managing his finances due to his low income, being unable to work because of kidney disease, depression and anxiety. Facing a growing amount of debt, we looked at ways to maximise his income through available support offers.

As Jack lives in a shared ownership property, the mortgage and rental costs left him in a deficit budget. We wrote to all his creditors to request holding action, so we could support him in exploring options. Jack was aware of the risk of losing his property due to the escalating arrears. A family member was luckily able to support him by paying off his debts, as he was due an inheritance that he would pay them back with.

“Your help is absolutely outstanding.”
– Jack*

“You do not understand the relief that you personally have lifted off my shoulders. Your knowledge and the way you have explained everything has been so clear and direct.”

*names changed for privacy reasons



Advice and Information: Helping people understand mental health

Providing trusted and timely advice for those wanting to understand mental health is an important part of how we support people. We provide advice through our Mental Health UK website and social channels, where people can easily access information about mental health conditions and ways to support ourselves and others. In addition to this, each of our founding charities offers an Advice and Information Service to support people in their respective nation.

Our mission

We set out to further understand mental health and provide high quality advice and information to people affected by mental illness in a kind, respectful and understanding way. The advice and information we give empowers our clients to take action and improve their lives.

Our impact

- Over 1.3 million visits to Mental Health UK's website, a 21% increase on the prior year
- Over 700,000 visiting and viewing content on our advice, information and support pages
- Over 250,000 followers across our social media channels.



“The information was reassuring with regard to support with mental health — I felt validated in the experiences I am having.”
– Website user





Home

Clic: Combatting isolation and creating community

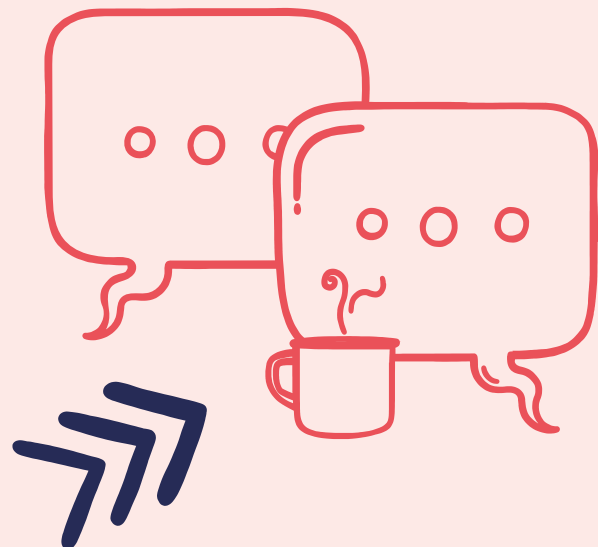
We believe that no one should feel lonely or isolated. Clic is our free online peer support community that supports adults across the UK. It aims to reduce the loneliness and isolation experienced by people with poor mental health and their carers by providing a safe, supportive community where people can connect with others.

Clic has a chat service and online forums for people to share how they're feeling and build connections with others. There are also videos on the platform providing expert advice on managing wellbeing. Our information and support section hosts a wealth of mental health tools, tips and resources, as well as signposting people to local services.

Clic is a safe space for people to be themselves and share what they're going through. It's moderated daily between 8am-10pm. Our moderators are trained to provide emotional support and follow clear guidelines to ensure all our users are kept safe.

Our mission

Clic's overall goal in 2023-24 was for even more people with mental health problems to feel connected to others and less lonely online. We set out to provide a space for people to connect, feel a sense of community and share experiences in a safe, moderated environment.

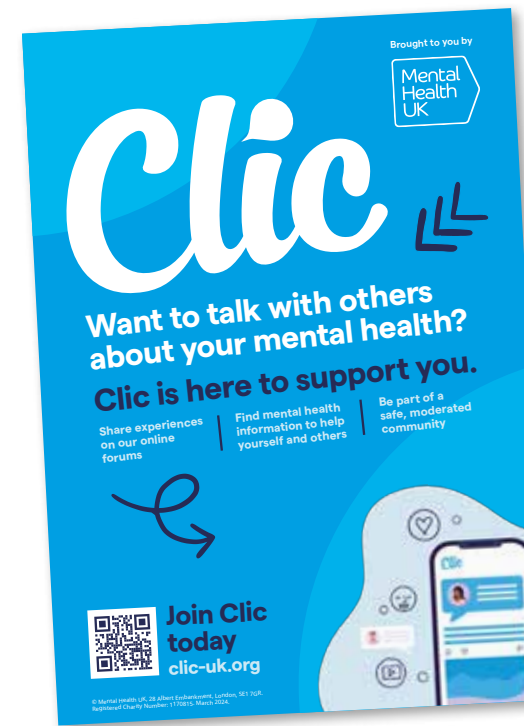


Our impact

In the year 2023-24, our community continued to grow:

- 10,796 users
- Over 250,000 page views across the Clic site
- 79% of Clic users have told us that they would recommend Clic to someone else who is struggling with their mental health.
- The platform is a lifeline for many of our users, offering critical emotional and practical support in a time of need.

This year saw some new developments made to the site to make it more user friendly, for example the introduction of the search function to help users find relevant information more quickly.



“Thank you doesn't always seem enough, but I am so truly grateful to Clic for being here, and to Clic members too.”
- Clic user

“I've been on here for a long time and I think it's a very special place.”
- Clic user



School

Me & Money: educating young people about money and mental health

Our newest programme, Me & Money, was developed in response to rising anxiety among young people, particularly due to the cost-of-living crisis. Those from financially unstable homes are more likely to experience mental health issues, making it vital to build a healthy relationship with money early on.

The programme was co-produced with young people and aims to help young people understand the link between money and mental health, empower them to recognise how money attitudes affect thoughts and behaviours, as well as equipping them with practical resilience-building skills to manage money-related stress.

Our mission

Me & Money was created to be the first UK-wide programme supporting young people with money-related mental

health concerns. Initially launched as a pilot, we set a target of reaching 300 young people.

The pilot programme exceeded our expectations by reaching 1,539 participants across the UK. After positive feedback and evaluation from the pilot, we aim to continue the growth of the programme, which has now already expanded into a full two-workshop series, available across the UK.

Our impact

- 1,539 young people reached during the pilot phase
- 49 organisations reached
- 83% of participants gained a better understanding of the money and mental health connection
- 74% felt better equipped to manage their feelings and emotions about money.

Delivering Me & Money at Haringey Sixth Form College

In December 2023, we delivered Me & Money to 90 students at Haringey Sixth Form College, most of whom reported experiencing significant financial insecurity.

Following delivery, 90% reported a better understanding of the connection between money and mental health. 73% felt their learnings from Me & Money would support them with future money worries or anxieties, whilst 92% were interested in learning more.

The impact on Haringey's students was overwhelmingly positive. One student told us that the workshop "[has made] me feel confident with my money."

“I have learned new things about people in my class and noticed that we have things in common about how we feel about money.”
- Haringey student

“One of my biggest worries is money. So, I feel like it was quite good for just now just to get insight on other people's situations as well because it makes you feel like you're not alone, it's not just you.”
- Haringey student

“The workshop has made me feel confident with my money.”
- Haringey student



School

Giving young people the mental health skills they need through Bloom and Your Resilience



Poor mental health is rising sharply among young people, with emergency mental health referrals increasing by 50% over the last three years in England. Our two programmes, Bloom and Your Resilience, exist to educate young people about their mental health across the UK.

We are particularly shifting focus to support those who are at higher risk of developing poor mental health and who increasingly find it hard to access support due to stark inequalities. This includes those in areas of deprivation, those from ethnically diverse backgrounds and those in rural communities.





School Bloom

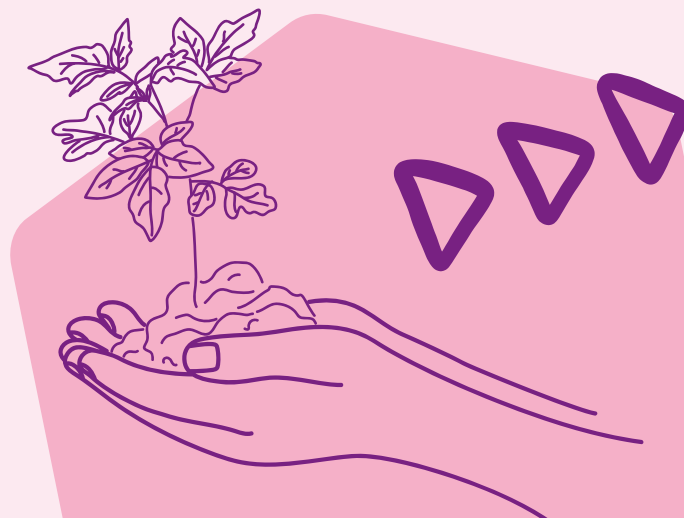
Bloom is our largest free UK-wide programme for 14–18-year-olds, helping build resilience by equipping young people with the tools and knowledge to maintain their mental health through life’s transitions and future challenges. Focusing on topics such as exam stress, friendships, and juggling time, the programme is delivered in schools and colleges. Bloom has supported more than 430,000 young people across the UK so far.

Our mission

With more than 400,000 young people already having received support from the Bloom programme, in 2023–24 our focus has been on ensuring the programme is able to reach those who typically struggle to access mental health support. This includes students in alternative education or high-pressure academic environments.

Our impact

- 99,634 young people reached across 80 counties
- 1,246 teachers trained
- 78% of participants felt equipped to use the tools they learned
- 79% felt they had a better understanding of resilience
- Adapted resources created to better support young people with additional needs.



Supporting the most vulnerable young people in schools and colleges

As part of our focus on supporting more vulnerable young people, we co-delivered Bloom at John Chilton School, a Community Special School for young people with moderate to severe learning difficulties with a focus on inclusion and integration.

After the programme, 86% of participants felt more empowered in their decision making sometimes to all of the time, and 73% of those surveyed felt that they knew where to go if they had a problem and needed help.

We also co-delivered Bloom in collaboration with St. Benet Biscop Catholic Academy, located in an area with a rural population of around 70%, a community more likely to face mental health challenges.

Adapting Bloom to meet the needs of students

In Wales, we delivered Bloom alongside in-depth co-production work at the Carnegie Centre and Bryn y Deryn Pupil Referral Unit (PRU) to better understand the needs of the young people in that setting.

The two Welsh centres cater to a range of KS4 learners with a variety of needs that most mainstream schools cannot accommodate, including social and anxiety issues as well as anger and behavioural struggles.

Through co-production and listening to the young people involved in this delivery and understanding their individual needs, we adapted our workshops based off feedback to ensure they received meaningful, tailored support and that they left our workshops feeling more prepared for life ahead.

“I thought these sessions helped and gave me advice on how to deal with social interactions, relationships, myself and my education.”
– Bloom student participant

“I enjoyed the discussions and hearing about other people’s opinions and viewpoints on the topics we looked at.”
– Bloom student participant





School

Your Resilience

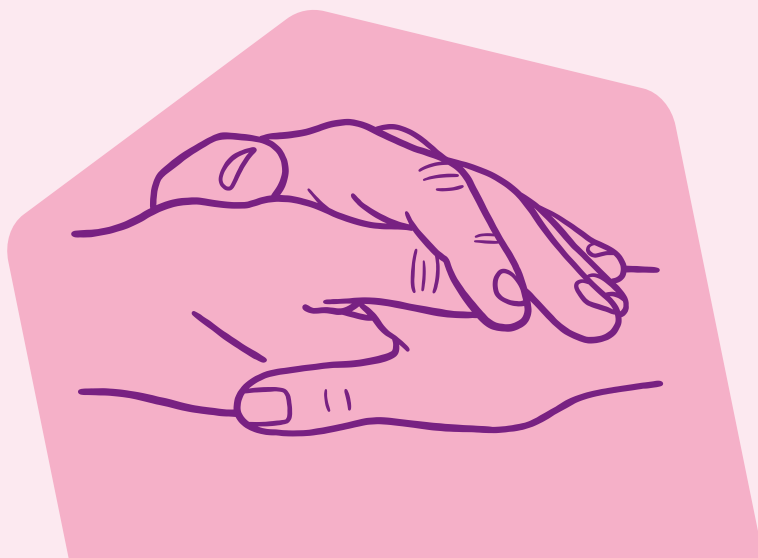
Your Resilience is our preventative programme that focuses on common adversities that harm young people’s mental health, with a focus on community settings, sports talent pathways, and Child and Adolescent Mental Health Services (CAMHS). Designed with input from young people and delivered through scenario-based discussion about relatable topics, the programme offers a refreshing perspective on resilience.

Our mission

In 2023–24, we focused on underserved communities, recognising the intersecting factors that affect mental health, such as ethnicity, socioeconomic status, and geography. Through extensive co-production with young people and a detailed Needs Assessment, we tailored Your Resilience to meet the unique challenges of these groups.

Our impact

- 5,548 young people reached in underserved communities
- 463 facilitators trained
- 542 workshops delivered
- 86% of young people felt better able to support their family and friends after taking part
- 92% felt confident in their understanding of mental health after taking part.



Working with CAMHS to provide support for young people’s mental health journey

Recognising long waits for Child Adolescent Mental Health Services (CAMHS) appointments, we delivered Your Resilience workshops to young people in Wales awaiting care.

We worked carefully with the young people involved, some of whom had wait times of up to 18 weeks, to develop workshops that best supported their individual needs. We created cohesive discussion groups to support productive conversations alongside our resilience training and saw an incredible outcome in this cohort.

“The Your Resilience programme is a helpful preventative programme, providing both knowledge and practical tools to support young people with their emotional health and wellbeing. The resources were very accessible to both staff and young people.”

– Alastair Wakely, Primary Mental Health Service Manager for Specialist Child and Adolescent Mental Health (S-CAMHS)



“So many of our young people have presented with a lot more mental health issues, and due to the demand there is a lack of resources and services available to help. All the workshops provided strategies that would help them in different situations. Over the seven weeks, all of the young people agreed there was something they could take away and use to help them in the future.”

– Your Resilience Facilitator, West Lothian Council, Scotland

“I’ve gained a good understanding of resilience and I’m confident that I’ll be able to use the tools that I’ve developed to support me in the future. It’s reassuring that it isn’t just me that goes through these thoughts and feelings.”

– Wales CAMHS participant





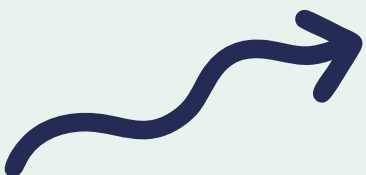
Work

Creating holistic employment pathways through Into Work

Our Into Work programme was launched as a pilot in 2023, funded by our corporate partner, Bank of America. It is a holistic service, offering compassionate and flexible support to people facing mental health challenges back into employment in Harrow, Gravesend, and Wrexham.

Our mission

We know that 80% of people living with a mental illness want to work, however only 20% are in employment. Our mission was to support 200 individuals towards employment that positively impacts their mental health. At the same time, we aimed to inspire a shift in how mental health employment services operate across the UK, advocating for more compassionate and effective approaches that benefit both individuals and the wider community.



Our impact

- Into Work received 437 Referrals across Gravesend, Harrow, and Wrexham
- We supported 344 people to create personalised recovery and vocational plans
- We supported 94 people into meaningful employment or volunteering opportunities
- 98% of individuals demonstrated a measurable improvement in their mental health as a result of engaging with the Into Work service.

In the last year, we also recruited two new Employment Engagement Officers to connect with employers, advocate for our clients, and encourage workplaces to adopt more supportive approaches for individuals with mental health challenges.

The results of our programme have already been recognised in its first year, and we have received three awards for its impact.

Supporting Thay back into fulfilling work

Thay had been living with anxiety, depression and post-traumatic stress disorder (PTSD), while also finding work to support his family. This meant he was living without decent furniture or even a working fridge, essentials that many take for granted.

That was when the Department for Work and Pensions (DWP) referred him to Mental Health UK's Into Work programme.

The team met Thay somewhere he felt at ease and able to talk openly. As trust was built over that first conversation, Thay opened up about his experiences and the barriers he was facing when it came to finding work.

The first thing the Into Work team did was refer Thay for counselling to help him with his post-traumatic stress disorder (PTSD), and made a GP appointment on his behalf to connect him to the local NHS Community Mental Health Team.

After that, Thay was supported in developing a new CV and guided through applications. From this, Thay attended an open day put on by Heathrow Employment & Skills Academy. He was invited back a week later as his potential had been spotted and a role was available at Heathrow Airport. Into Work paid for a new suit and Thay happily attended the interview.

Feeling empowered by the opportunity available, the Into Work team and his family, Thay was able to secure a role at a terminal cafe. The staff loved him and offered him a customer service role straight away.

Thay has enjoyed stable employment and is happy to be part of a working society, providing for his family. Into Work continues to support Thay, both in work and out. As he had to recently move house, the team were able to support him in making

grant applications to help with the deposit, as well as accessing charities that were able to help with covering the costs of a fridge.

Thay's confidence has grown, and the future looks very different for him. He is now keen to advance into a more senior role and feels capable of taking that step thanks to the guidance, support and therapy he has received.

"I really didn't know what to expect from the programme, but from that first meeting I really felt I was being listened to, we built a plan together. Looking back to where I was a few months back to where I am now..."

“I can't believe it. My family and I can plan and build a future.”
- Thay





Work

Workplace training: Building mentally healthy workplaces

Mental Health UK is dedicated to empowering organisations with the knowledge, tools, and strategies to create mentally healthy workplaces.

We deliver high-quality, tailored training that blends theoretical insights with real-life experiences, ensuring that every employee is equipped to support their own and their team's mental health. Through expert-led training, consultancy, and customised programmes, we are committed to fostering a culture that promotes understanding, effective management, and the overall wellbeing of all employees in a range of workplaces.

Our mission

We set out to offer an array of services for workplaces and individuals to be used to upskill colleagues. In addition to this, we continued to offer our range of workplace mental health courses on a variety of topics, from mental health for managers to suicide awareness, all created to help build psychologically safe workplaces.

“I found the therapeutic coaching sessions incredibly useful. [The Coach] gave me some brilliant tips to use going forward to help me reduce stress and overwhelm, prioritise better and plan my work. It's helped me become much calmer and kinder to myself. Highly recommended!”
 – Small Business Owner on Therapeutic Coaching



“This course is brilliant. While it talks about quite a heavy topic, it's done in a way that made me feel comfortable, heard and empowered. Everyone was given a voice, and it was a very soothing and calming experience.”
 – Participant from our Mental Health Champions course



Our impact

- Delivered 76 training courses to 1,252 people in the workplace
- 73 managers were upskilled in mental health
- 446 people were trained as Mental Health Champions in the workplace
- 96% of people that took part in our training courses agreed that their learning would have a positive impact on the culture and practice of their workplace
- We worked with employers such as Lloyds Banking Group, Omexom, Edinburgh, Napier and GiffGaff.

We also continued with our award-winning campaign with Lloyds Banking Group, Stronger Mind Stronger Business, which supported a further 136 small business owners with their mental health through therapeutic coaching sessions. 100% of these clients surveyed felt that therapeutic coaching had a positive impact on their mental health, and 94% felt it had been beneficial to their business.

We delivered our expertise to employees at conferences such as Safety, Health & Wellbeing Live, Event Buyers Live and Accountex. We also featured in several

media outlets to raise awareness about the growing prevalence of burnout in UK workplaces. Our insights and findings from the 2024 Burnout Report have sparked discussions on the urgent need for healthier work environments, highlighting key stress factors like high workloads, unpaid overtime, and workplace isolation.



The Burnout Report: Taking the temperature of the UK's work wellbeing

Our biggest education initiative of the year was the launch of our inaugural Burnout Report in January 2024. The report, shaped by the survey results of over 2,000 people across the UK, provided a detailed overview of the state of burnout across the country, and shared much-needed advice for individuals and employers on how to challenge the causes of this form of chronic stress.

With the modern way of life continuing to drastically affect our work-life balance, we will continue to deepen our understanding of burnout as well as play an active role in influencing change at an individual and organisational level. Building on each year's learnings, the Burnout Report will continue to take the temperature of burnout across the UK each year.

Between January 2024 and April 2024, our Burnout Report achieved

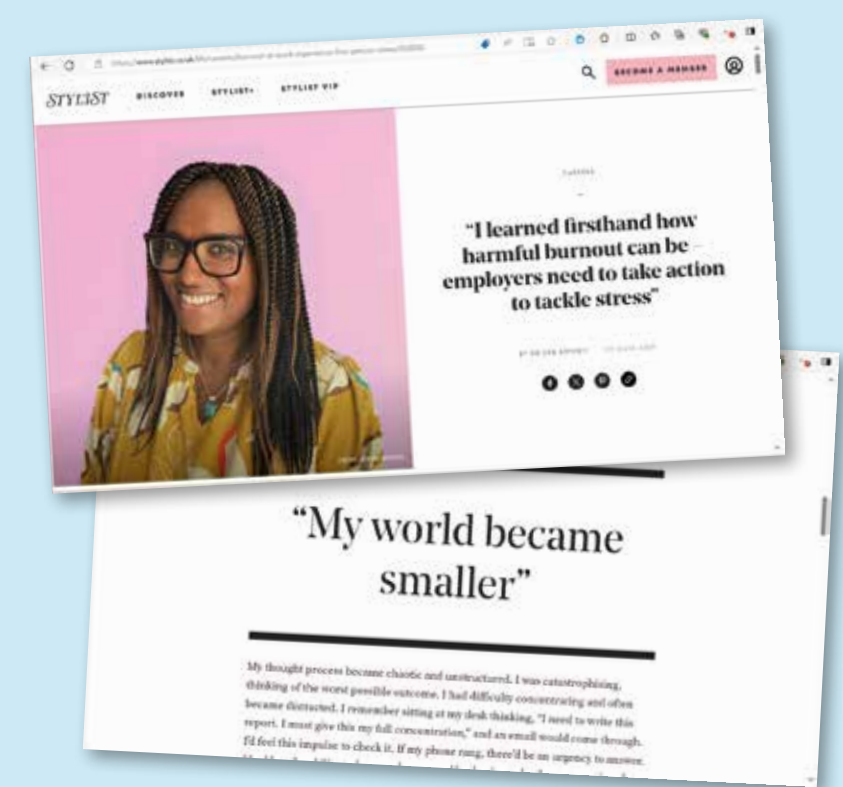
- 292 media mentions
- Widespread media coverage, including in The Times, The iNews, The Guardian, BBC Radio 5 Live, The Independent, The Express, The New European, Women's Health, Stylist, local BBC Radio, alongside a range of other regional radio stations, and HR publications
- Top Google SEO ranking for 'Burnout'



54% agreed that a high or increased workload or volume of tasks at work caused them stress and may have contributed to burnout

45% agreed that regularly working unpaid overtime caused them stress and may have contributed to burnout

42% agreed that feeling isolated at work caused them stress and may have contributed to burnout





The impact of fundraising and partnerships

Across a year of incredible innovation, we have worked tirelessly to create and deliver transformative mental health support to our service users. This would not be possible without you, our community of supporters who raise funds, take on challenges, give generously and share experiences to help shape our work. Together, we raised over £2.6million from individual giving, events, community fundraising and partnerships. Thank you to our fantastic supporters who enable us to help thousands of people across the UK to live their best possible lives.

Our approach to partnerships

Our partnerships sit at the heart of our fundraising and we hold relationships with renowned businesses across finance, construction, retail, leisure and more. With varied workforces, diverse end-consumers and wide stakeholder networks, corporate partners can play a key role in addressing the nation's mental health. We work to understand the needs

and ambitions of our partners, and explore how we can collectively generate positive change. From engaging colleagues with fundraising, awareness and mental health training — to developing customer activations that are strategically aligned with our programmes, our partnerships aim to leave a legacy and lasting impact.

Thank you to our community of supporters!

Taking fundraising to new heights with Dune



Fueled by the passion and dedication of their workforce, our multi-year partnership with Dune aims to unify their employees. In 2023-24, the Customer Experience Team took on the challenge of climbing Mount Snowdon, pushing themselves to new heights. Meanwhile, two determined colleagues embarked on an incredible journey, walking 500 miles in support of mental health awareness. This year we saw 16 Dune employees take to the skies for a thrilling charity skydive, raising nearly £11,000 and demonstrating their courage and commitment to mental health. Closer to home, Dune colleagues hosted bake sales and sample sales across the year. Collectively, the partnership has raised significant funds in support of our work, and we wish to thank all at Dune for their continued generosity and dedication.



Changing mental health in the workplace with Bank of America

We are proud to work with partners who are committed to creating psychologically safe environments for their employees. In partnership, we support businesses to equip their workforce with the mental health awareness and tools needed to thrive. During 2023–24, our Workplace Mental Health team worked with one of our primary partners, Bank of America, to provide a suite of training opportunities and initiatives that directly supported employees.

This included working with employee networks to create facilitated listening groups, during which safe spaces allowed for open conversation around topics such as early careers at the organisation, disability, and race and ethnicity; we delivered wellbeing sessions to in-house Wellbeing Partners that highlighted different mental health illnesses and conditions; we also hosted a webinar programme to widely share mental health tools for use both professionally and personally. Internal uptake and feedback at Bank of America has been incredibly positive, with further training activity planned.



BANK OF AMERICA



GLOW is shining brighter than ever

Our annual 20km night walk, GLOW, lights up cities with hundreds of walkers adorned in glow-in-the-dark accessories, all united in a mission to support the UK’s mental health. 2023 saw the third iteration of this celebrated event, and the introduction of Birmingham as a second location. We saw great engagement with just under 900 people taking part across the two events, raising almost £100,000. Feedback was highly positive and has given us a strong platform from which to build our 2024 event series further.

2024 is an exciting year for GLOW as we are introducing a third location, Edinburgh, in collaboration with Change Mental Health. We are excited to see how this can pave the way for collaborations with the rest of the nations moving forward. We are hoping to raise over £150,000 this year and keep on growing, adding one new location each year.

The Patel family: raising awareness for a special cause

Last year, the Patel family gathered together with friends to take on GLOW in memory of Nitin Patel, a beloved member of the family who died by suicide. Nitin’s brother, Amit, kindly shares his experience of GLOW, and how it gave the family a chance to raise mental health awareness and cherish their fondest memories of Nitin:

“My brother tragically took his own life last year after battling two decades of severe depression; he was only 45 years old. This was the saddest time in my family’s life, and we wanted to raise awareness for mental health. So many people suffer from debilitating mental health and there’s just not enough awareness and understanding of it.

The GLOW walk was only a few months after my brother’s passing and the day after his birthday. We had such an amazing turnout from family and

friends. It was a wonderful way for us to focus on getting fit to walk the 20km and be together to share memories of him during his birthday.

On the day, I thought I’d be extremely sad, but surprisingly I felt a sense of elation and pride that we all got together in his name, and did something so worthwhile and fun! I’m so glad we did it and I know everyone else felt the same way. The only way people will understand how serious and real mental health illnesses are is if people make an effort to bring attention to it.

We will definitely do this walk again in my beautiful brother Nitin’s name and the millions of other people out there who need support.

Thank you, Mental Health UK, for creating such a well-organised event. We look forward to doing another walk in loving memory of Nitin.”

GLOW
for mental health



Looking ahead



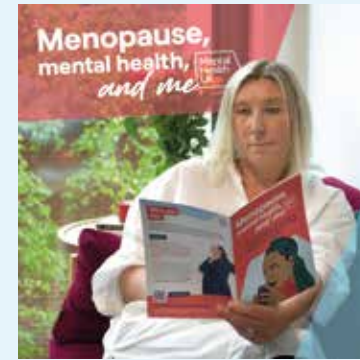
Mental Health UK will continue to work on the drivers of poor mental health, using tailored programmes to tackle some of the most pressing social and economic challenges in society. We will remain agile and responsive to emerging needs and this will be driven by involvement through co-production to build on our existing programmes and develop new ones.

We will take steps to support equity in terms of access and quality, ensuring we reach those in underserved communities so that we truly are the charity for everyone's mental health. Looking forward, we will focus our efforts on four key priority areas: Work, Money, Young People, and Women's Health.

Across these areas, our focus on providing Advice and Information remains central — empowering those experiencing poor mental health with the knowledge and tools to seek treatment, exercise their rights, and find a way forward.

What to expect from our programmes in the next year

- **Building on our success:** Following the success of our two pilot Programmes — Into Work and Me & Money — we will look to scale both programmes, allowing us to extend support to more people across the UK.
- **Continuing vital support in times of economic uncertainty:** Our flagship Mental Health & Money Advice service will continue to support those across the UK facing significant financial challenges. We will adapt and innovate to expand our reach and improve accessibility to the service.
- **Greater focus on women's mental health:** We will be launching new programme areas specifically focused on women's mental health, with an emphasis on the unique challenges posed by menopause. Our programmes will address the broader spectrum of women's mental health, ensuring that support is accessible, inclusive, and responsive to diverse needs across the UK.
 - **Growing our workplace mental health offering:** We will be refining our workplace mental health offering in response to evolving workplace mental health needs, building on the findings of our 2024 Burnout Report.



Menopause, mental health, and me



We have already initiated our work in offering practical support offerings for women's mental health. 'Menopause, Mental Health, and Me' is a physical guide designed to help women understand and navigate this life transition.

Created in collaboration with a board of 'Experts by Experience' within our menopause working group, the booklet contains advice on managing and tracking symptoms, seeking support, and guidance on how to speak to a GP or employer about menopause.

Currently in its first phase, the guide is launching initially as an outreach campaign via our fundraising work. 'Menopause, Mental Health, and Me' provides a solid foundation from which to build on in our mission to ensure women can find targeted, practical and accessible mental health support.



Thank you



From the team at Mental Health UK, we would like to say thank you for helping us provide mental health support to those who need it most.

Every fundraiser, volunteer, partner, and member of our community plays a crucial role in helping us tackle the causes of poor mental health and provide support. We wouldn't be able to achieve any of this without you.





Join our community

We are the charity for everyone's mental health. We challenge the causes of poor mental health and give people the tools they need to live their best possible life at home, school and work. In a rapidly changing world, we bring together the heritage and experience of four charities from across the country who've been supporting people with their mental health for over 50 years.

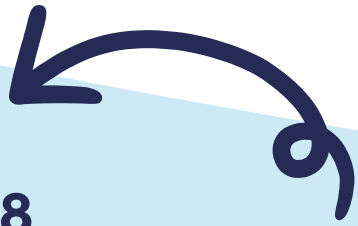
You can hear more inspiring stories, learn more about mental health and join our cause by heading to our website [mentalhealth-uk.org](https://www.mentalhealth-uk.org)

Become a partner

We would not be able to develop our programmes and reach thousands of people across the UK without the generosity of our supporters.

If you are interested in funding or supporting our current and future programmes, we would love to hear from you. Contact partnerships@mentalhealth-uk.org to speak to one of our team.

Get in touch



020 7840 3008
info@mentalhealth-uk.org

