

Use these cards to create a display
around your fundraising activity

Our community mental
wellbeing services have
supported **8,000 people**
so far! **80%** said their
mental health got better,
and **79%** felt more able to
cope with challenges.



Use these cards to create a display
around your fundraising activity

Co-op is
working with Mind,
SAMH and Inspire to
bring communities
together to improve
mental wellbeing.



Working in partnership with:



Use these cards to create a display
around your fundraising activity

1 in 3 people in the UK say they
don't have the support or tools
to deal with the 'ups and downs
of life', such as stress, pressure,
or difficult circumstances.

Co-op, Mind, SAMH (Scottish Association for Mental Health) and Inspire, 2022. Together
Through Tough Times: The power of community to support mental wellbeing across the UK.



It's what we do



Working in partnership with:



for Scotland's mental health



Use these cards to create a display
around your fundraising activity

81% of people experiencing
poor mental wellbeing said
support in the community such
as having spaces to talk, activities
and services would help them.

Co-op, Mind, SAMH (Scottish Association for Mental Health) and Inspire (2022).
Together Through Tough Times: The power of community to support mental wellbeing across the UK.



It's what we do



for Scotland's mental health



Use these cards to create a display
around your fundraising activity

10.6 million of us (just under a fifth
of the UK population) describe
their current mental wellbeing as
poor, **rising to almost three in ten
(28%)** amongst 16 to 24 year olds.

Co-op, Mind, SAMH (Scottish Association for Mental Health) and Inspire (2021). Together
Through Tough Times: The power of community to support mental wellbeing across the UK.



It's what we do



for Scotland's mental health



wellbeing, ability, recovery

Use these cards to create a display
around your fundraising activity

Your donations are funding
**over 50 new community
mental wellbeing services**
across the UK.



It's what we do



for Scotland's mental health



wellbeing, ability, recovery