

How your amazing fundraising is supporting people with their mental wellbeing

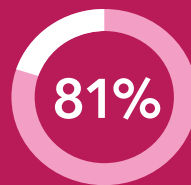


Co-op colleagues, customers and suppliers have raised over £6 million so far for **Mind**, **SAMH** (Scottish Association for Mental Health) and **Inspire**.

These vital funds are going straight to our communities, funding more than 50 mental wellbeing services across the UK that are supporting thousands to improve their mental wellbeing.

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'



of those people say that support in the community – such as having spaces to talk, activities and services – would help them

Let's Talk - Glasgow

Supports young people who are bereaved to improve their mental wellbeing through interactive workshops and training.

"I've made new connections, heard about different perspectives and different ways people are coping with grief, and had a chance to be in a safe space where I could share my thoughts freely and without judgement."

Being able to relate to people who have been through similar trauma has been especially beneficial to me. Just knowing that it's okay not to be okay and to feel the way I do is very reassuring."

Bereavement Group Participant

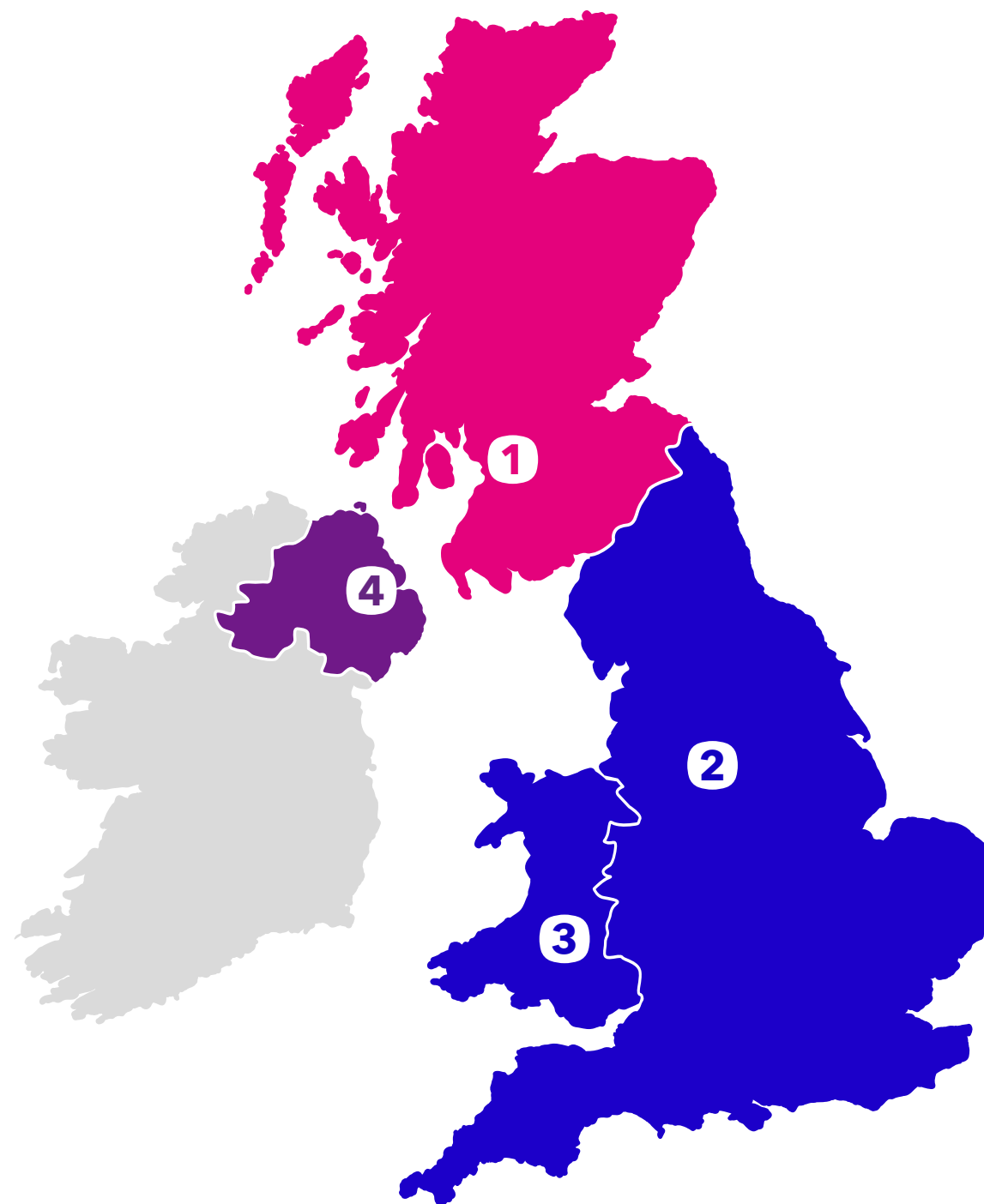
Time to Check In - Manchester

Helps young people to support their mental wellbeing.

"Attending the Group sessions has given me a safe environment to air my thoughts and worries, and the opportunity to break down my low feelings and figure out how to handle them."

I have started to make changes in my own life and started to get stuff done. Even if I'm starting small, I feel like I've started to learn how to healthily handle my mental health."

Young Person



It Takes Balls to Talk - Ystradgynlais

Provides Mental Health First Aid training to local rugby clubs, to promote talking about mental health and break down stigma.

"Rugby clubs have first aiders to deal with torn hamstrings, cut heads, or broken fingers but what about the biggest muscle – the mind."

Rugby club member

I-Connect

Is a new digital platform for people living with a mental health diagnosis.

"I-Connect is a great wellbeing platform. I have found it useful for tracking my mood and I have developed some new healthy lifestyle choices including improving my sleep, which I-Connect has helped through some of the suggested podcasts and meditation guides."

I-Connect user



Contact SAMH
(Scottish Association for Mental Health) for information and support in Scotland on

0344 800 0550*

(Lines open 9am to 6pm, Monday to Friday. Closed bank holidays) or email info@samh.org.uk



Contact Mind
for information and support in England and Wales on
0300 123 3393*

(Lines open 9am to 6pm, Monday to Friday) or email info@mind.org.uk



Call Inspire
for information and support in NI on

0289 032 8474‡

(Lines open 9am to 5pm, Monday to Friday. Closed bank holidays)

* Phone calls from UK landlines are charged at local rates. Charges from mobile telephones vary considerably. The charge for your call will depend on your mobile phone provider and the contract that you have with them. Mind does not get any money from telephone calls.
‡ This is a low cost number. Callers can receive signposting information for mental health services from this number but it is not a helpline. Those experiencing distress or despair should call Lifeline 0808 808 8000. Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, in confidence.

Mind is a registered charity in England & Wales no. 219830. SAMH (Scottish Association for Mental Health) is a registered charity in Scotland no. SC008897. Inspire Wellbeing is a registered charity in NI no. 103470.