



Your fundraising has helped Emma

“ We go around the circle and talk about either stuff that’s bothering us or we’re going through – we can literally talk about anything.

There are people from all different backgrounds and all different aspects of life in the group. It doesn’t matter where you are in life or what you’ve been through, everyone has pain differently. I’ve learned more from a diverse group of people.

Sometimes I come to the group feeling really dismal about the world. But when I leave, I do feel like I’m not alone, like I have hope, and that I can keep going forward. ”

Emma*, supported by our new services

working in partnership with:



It's what we do



for Scotland's mental health



inspire

wellbeing, ability, recovery

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 is a registered charity in NI no. 103470.

*Names have been changed and stock imagery has been used to protect the anonymity of this individual.

