

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



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**60% of adults and
68% of young people
have said their
mental health got
worse during lockdown**

Mind (2020), The Mental Health Emergency: How has the coronavirus
pandemic affected our mental health?, June 2020



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Your donations
are **funding new local
services, bringing
communities together**
to improve mental
wellbeing. Thank you.



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Around **14 million**
people in the **UK** will
experience a **mental**
health problem this year

Adapted from NHS Digital, Mental Health & Wellbeing in
England, Adult Psychiatric Morbidity Survey 2007



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Your amazing fundraising
is helping to provide
services throughout
the UK, **strengthening
communities and growing
people's ability to cope**
when times are tough.



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Every year, **one
in four** of us will
experience a **mental
health problem.**

Horwood (2015) The Christchurch Health and Development Study
cited in Jonathan D Schaefer et al (2017) Enduring Mental Health:
Prevalence and Prediction. Journal of Abnormal Psychology

