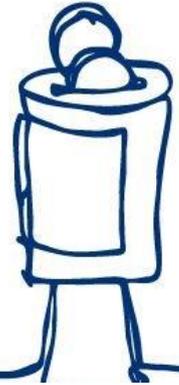


Mind in Mid Herts

At Mind in Mid Herts, we won't give up until everyone experiencing a mental health problem in Hertfordshire gets both support and respect.

And we simply cannot support the growing number of people who need us without your help.

Here are just some of the services we offer to help people in Hertfordshire and how you can support us to do more.



How we support people in Hertfordshire

At Mind in Mid Herts we offer a variety of services including social support, psychological therapy, outreach support and workplace wellbeing to local people experiencing mental ill health in Hertfordshire.

We reached over **2,500** in 2018

We had over **1,000** new referrals to our services in 2018

79% of people who used our services in 2018 said they were managing their mental health better

How we spend donations

£120 enables 2 young people to attend a confidence building course

£350 could pay for a tutor to deliver 6 week course such as 'Managing Depression' for up to 16 people

£500 could pay for 50 hours of peer group support to reduce someone experiencing social isolation

£1,000 could pay for a café group to be run once a week for a year to support people with a range of mental health problems

£3,000 will pay for a group in the community half a day a week accessing recovery based courses such as 'Managing Anxiety'.

How you can support us

Donate

You can donate to us directly at www.mindinmidherts.org.uk

Fundraise

Bake, run, swim, sew. On your own, with friends, at work or an event. However you fundraise, you'll help us support more people in Hertfordshire.

Partner

If you're a company or organisation who'd like to partner with us, we'd love to hear from you.

To contact us about any of the above, please email

Adele Hemmings, Access and Engagement Manager

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Registered charity no. 1101678