



Dear Simon,

Thank you for your kind donation of £373. We really appreciate it.

Your donation will support [vital helplines](#), provide [life-saving information](#) and maintain [online peer support services](#) for people when they need it most. With your donation, we can continue to [campaign](#) and protect the rights of people with mental health problems.

Mental health isn't hidden anymore. It's on the front pages. On the political agenda. Spoken about by royalty. For millions of people, mental health is now something to be honest about – not ashamed of.

With the support of people like you, the Mind community has been at the heart of this transformation.

Here are some of the things we're proud of from our latest impact report:

In one year

- Mind responded to over **128,000** queries to our support and information helpline
- our mental health information was accessed **21.4 million** times
- almost **2 million** people had a conversation about mental health as a result of Time to Talk Day.

But we know there's much more to do.

Thank you again for your valuable support. With your help, we will not give up until everyone experiencing a mental health problem gets the support and respect they deserve.

Laura Oag