



Our vision

We won't give up until everyone experiencing a mental health problem gets both support and respect.



50,000

people have accessed our mental health information services.

95%

people would recommend our services to a friend.

6k

people have attended our educational courses.

10,000

people have accessed our talking therapies services.



Snapshot 1969-1989: How we started

1969 Mind in Harrow registered as a charity with the Charity Commission.

Not much is recorded about the first 20 years of Mind in Harrow, but we believe it was founded by a local psychiatrist and was run entirely by a team of around 20 very dedicated volunteers. Towards the end of the 1980's it ran a range of drop-in services at Atkins House, the site of the NHS community mental health team, and started a telephone information line for part of the week.

1989-1999

National

Through the Community Care Act 1990, Shenley Hospital closes and people can be treated for their mental health while living at home.

Mind in Harrow

Through Community Care grants, our Befriending Service starts in 1990 and our wide-ranging Stepping Stones training courses programme in 1997.

1999-2009

National

In 2008 the NHS Improving Access to Psychological Therapies (IAPT) programme begins to create consistent availability across England – & Austerity starts.

Mind in Harrow

In 2009 our GP-based psychology service becomes part of the Improving Access to Psychological Therapies (IAPT) locally. We campaign against Austerity impact and expand to run six community-based services.



2009-2019

National

In 2015 Government launches 'Future in Mind' strategy aiming to improve mental health services for children & young people.

Mind in Harrow

From 2014 our Mindkit youth wellbeing project starts with 3 other local Minds reaching 13,000 young people aged 14-18 in London.

Snapshot 2009-2019: How we are now

Despite the past decade national austerity programme, we have expanded and started new services for young people and marginalised communities and have run successful campaigns preventing cuts to local welfare support. Over 30 staff provide 12 services helping around 7,000 people per year. Over 100 volunteers give 7,000 hours of support per year. Our Income has reached £1m per annum.



Duke and Duchess of Cambridge
visit to Mind in Harrow 2015

In the past decade,
7 projects with faith
and BME communities
have engaged

6,000 people

4,500

young people have
accessed our mental
wellbeing workshops.

Over 100
volunteers
give...

7,000

hours of
their time
each year.

3,000

employees have been
trained in mental
health awareness.

85%

people report
that we have
supported their
mental health
recovery.