

How you can help

**Donate**You can donate to us directly at www.mindinharrow.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 Harrow.

**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

T: 020 8515 7860 E: m.norman@mindinharrow.org.uk

How we support local people

**50,000** people have used our mental health services  
 **10,000** people have accessed our Talking Therapies service  
 **3000** employees have been trained in mental health awareness

How we spend donations

**£80** can support the emotional resilience of 25 pupils – through a wellbeing workshop in a local school

**£220** can help 15 people experiencing anxiety or depression through our specialist workshops

**£800** can provide 200 local people crisis support, reassurance and information about local services through our Mental Health Information Service

**We promise to spend your donation wherever the need is greatest**

Registered charity no. 1067480

We won’t give up until everyone experiencing a mental health problem in Harrow 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 facts and stats about us and how you can support us to do more.

Mind in Harrow