

Mind in Harrow

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.



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

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

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