



*"I find the strides being taken (by Hillingdon Mind) in developing awareness of mental health conditions particularly encouraging"*

*The Rt. Hon. Boris Johnson MP : July 2017*

Since 2009 Hillingdon Mind has developed a mental health awareness package, including accredited Mental Health First Aid and anger management courses, and bespoke awareness and suicide prevention programmes – all of which have received excellent commendations and are highly valued in the Borough

This work successfully achieves the following outcomes:

- increased understanding of mental health;
- earlier recognition of the signs of a mental health problem – and earlier support;
- enhanced confidence in helping someone experiencing a problem;
- prevention of people in distress hurting themselves or others;
- reduction of the phenomena of stigma and discrimination around mental health.

But the service is under threat of discontinuation:

- we currently have no dedicated funding for this vitally important work, and course fees cover only 30% of the cost;
- last year our Trustees supported the programme financially with £23,000 from charitable reserves;
- in this financial year we have a projected deficit of £23,000, which we cannot sustain;

**in the absence of urgent and substantial income,  
the mental health awareness service will be discontinued imminently**

How you can help maintain this critical service for Hillingdon;

- organize a fundraising event, make a donation, or leave a legacy
- encourage employers, and key people in local businesses, to purchase bespoke awareness training programmes
- lobby local Councillors, and decision-makers in the statutory services, to take up our training offer for officers and front line staff

For further information, or to offer help in promoting this work, please contact:  
pauline@hillindonmind.org.uk or yohan@hillingtonmind.org.uk tel: 01895 271559

To make a donation or leave a legacy, please see overleaf .....

# Making a donation to Hillingdon Mind Mental Health Awareness Programme

Amount of Gift:          £10          £25          £75          £100          Other £ .....

*(please circle as appropriate)*

The Government's Gift Aid Scheme allows us to receive an additional 25p for every £1 you give, at no extra cost to you, if you sign the following statement:

I want to Gift Aid my donation of £ ..... and any donations I make in the future or have made in the past four years to Hillingdon Mind. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

Name: .....

Address: .....

Post Code ..... Date: .....

Email .....

Signature: .....

Ways of making your donation:

by **cheque**                      (please make payable to "Hillingdon Mind")

through our **website**        (see [www.hillingdonmind.org.uk](http://www.hillingdonmind.org.uk) and click "Make a Donation"),  
or

by **electronic banking**      (CAF Bank Ltd. : account **00018339** : sort code **40-52-40**)

*Registered with the Charity Commission : 1045701 Company Number : 3009554*