



Hertfordshire Network

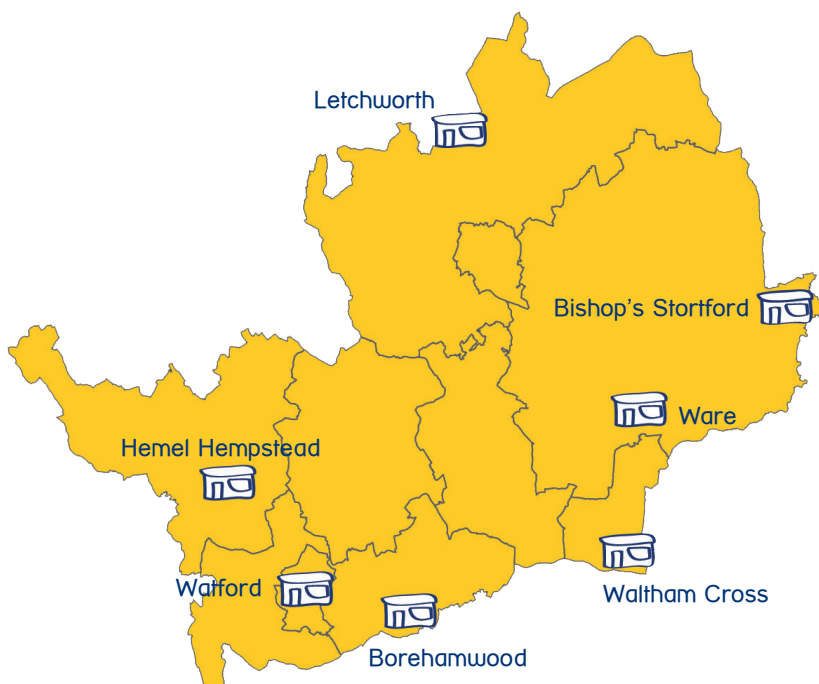
“We won’t give up until everyone experiencing a mental health problem gets both support and respect”



We deliver essential mental health support, providing a diverse range of services from our seven Wellbeing Centres across the county. Funded locally our services are available to all residents in Hertfordshire over the age of 18 and we offer dedicated services for 15-18 year olds.

And we simply cannot support the growing number of people who need us without your help.

In 2019 we engaged with 6,743 adult and young people across Hertfordshire through a wide range of services and activities.



Support provided:

- Peer Support
- Face to face support
- Telephone Support
- Complex Needs
- Meeting Places
- Workshops/Assemblies
- Carers Support
- Crisis Support
- Community support
- Wellbeing Courses
- Counselling
- Children and Young People

Full details of all our services can be found on our website: www.hertfordshiremind.org

How we support people



12,118
one to one support sessions were provided helping clients to find solutions that are right for them

6,743
Number of people who used our services

1,049
meeting places and groups provided

2,829
young people attended workshops, stall and assemblies raising mental health awareness

659
people were supported through our crisis intervention and Complex Needs services

“Thank you for allowing me to speak about my abuse and showing me I am worthy of life, you have saved mine. I called you because I was going to kill myself but today I am restarting my life again”

NightLight Client

How we spend donations

We are an independent charity responsible for raising our own funds. Every pound you raise enables us to continue the vital work we do, to support people’s mental health and wellbeing in Hertfordshire.

£200 could pay for an assessment and 8 counselling sessions for someone experiencing financial hardship

£600 could pay for 10 mental health awareness assemblies in local schools. These would reach up to 1,500 students

£1,000 could fund new furniture to create a safe and welcoming environment in each of our centres

£3500 could fund a worker for one year, to run twice weekly drop-in sessions at a GP Practice.

How you can support us:

Whether you are an individual, organisation or company there are a number of ways that you can support us:

Donate

You can donate to us directly at www.hertfordshiremind.org and click on “Donate Now”

Fundraise

Bake, run, swim, sew. Get friends, family, clients and customers involved! However you fundraise, you’ll help us support more people in Hertfordshire.

Partner

Want Hertfordshire Mind Network to be your Charity of the Year? We would love to hear from you!

To contact us about any of the above, please call Caroline on **07702 894231** or e-mail fundraising@hertfordshiremind.org



t: 02037 273600
e: fundraising@hertfordshiremind.org
w: www.hertfordshiremind.org

