



Mind

The mental health charity

Hamza
GSL Summer Catalyst Phase 2 Challenge
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Introduction

With the coronavirus pandemic affecting all of our lives, it is no surprise that some people may be in worse situations than others. Being stuck at home can be both physically and mentally testing, and it's been hard for both charities and mentally affected people to connect. Factors like funding, restricted travel and lockdown have all made reaching out to mentally affected people difficult. Mind is one of the many charities that are helping mentally affected people in lockdown, and like other charities is in dire need of donations as mental health problems get worse and call centres become busier. We'll have a look at Mind and why they're so important to many people suffering in lockdown.

Mind, the mental health charity

Who is Mind?

Mind is a mental health charity focused on helping people who are suffering from mental disorders, such as bipolar or anxiety. They are focused on providing advice and support to those who are affected by a mental disorder.

What do they do?

Mind says, on their website:

*“When you're experiencing a mental health problem, **supportive and reliable information can change your life.** That's what we do.”*

They offer three services, all for free or minimal prices, to anyone who may need them. These are:

- An “Infoline”, which offers people to call anonymously for the price of a normal call.
- The “Legal Line”, which provides information on laws related to mental health to the general public
- Their website which is rich with information on all sorts of disorders, and how to help a loved one who is affected.

What have they achieved?

Mind has worked with many prestigious companies and other charities to make a difference to mentally affected people. In 2018, they passed a new law, the Mental Health Units (Use of Force) Act alongside other charities which requires mental health hospitals and institutions to “actively take steps to reduce the use of force against patients, including by providing better training on managing difficult situations and collecting comprehensive data to allow for monitoring progress”.

How you can help Mind

It could be as simple as a donation, or a whole campaign.

Like all charities, Mind is in dire need of your support so they can help those who may be affected by a mental illness. Every little donation counts, so if you have something to spare don't hesitate to donate. Not only will you feel good knowing you're helping others, you'll be supporting the amazing work Mind is doing.

If you're stuck on ideas, why not check Mind's website? They have lots of ideas, tips and info so that you can get started with fundraising. If you're feeling ambitious you could become a Mind volunteer, and directly help the organisation in reaching out to affected people.

Whatever your situation, please do remember the people who may be suffering and find whatever you can to help this charitable cause.