

# We Are Buckinghamshire Mind

We are Buckinghamshire Mind, the mental health charity. Our vision is that everyone with a mental health problem gets both support and respect.

We connect. We support. We influence. We deliver services in our local communities, in Buckinghamshire and East Berkshire.

**We cannot support the growing number of people who need us without your help.**

## How you can support us

### Donate

You can donate to us directly at [www.bucksmind.org.uk/donate](http://www.bucksmind.org.uk/donate)

### Partner

If your company or organisation would like to partner with us, we'd love to hear from you. We have a range of options available for our Corporate Partners.

### Fundraise

Whatever your interests, we have a way to fundraise that suits you. From baking, gaming and crafting to all types of physical activity and holding your own fundraising events. However you fundraise, whether on your own, with friends or at work, you'll help us support more people in Bucks and East Berkshire.



**Bucks Mind has given me back my self-confidence, got rid of my feelings of worthlessness and given my self-esteem a boost!**



## How we can use your donation

- **£10** could pay for a freshly prepared meal for an adult attending our wellbeing groups.
- **£30** could pay to train a volunteer to carry out a befriender role.
- **£50** could pay for a school mental health awareness assembly.
- **£100** could pay for supplies to support service users at our out-of-hours crisis service.
- **£440** could pay for an assessment & 10 counselling sessions for someone in financial hardship.

Please contact us on 01494 463364 or email [fundraising@bucksmind.org.uk](mailto:fundraising@bucksmind.org.uk)