



MIND is a charitable organisation who provide advice and support to help empower anyone experiencing a mental health problem. MIND campaign to improve services, raise awareness and promote understanding.

Because of MIND, millions more people have access to advice and support thanks to information and services nationally and locally, in England and Wales. They continue building on change, but know there is still much more to do.

Local Minds support over 513,000 people across England and Wales. Their services include supported housing, crisis helplines, drop-in centres, employment training schemes, counselling and befriending.

Mind are there to assist, offer free advice and event free training within the work place on how to look for signs and how to help. They offer group sessions, including sports groups, keeping people active and sociable is key for many of these people.

Having 3 boys that have experienced varying levels of mental illness has been difficult for me as a father. Wanting to be there and being there for them sounds easy but its not. Seeing the symptoms rise in them and fall away as they battle them is tough when sometimes all you want to do is tell them to "Just get on with it,...."

Knowing this is the wrong answer doesn't make it any easier, it just highlights the helplessness you feel as a parent. The MIND organisation helps give clarity and support to help them through it. It doesn't cure the illness, but it does provide an avenue to help control it.

MIND has been an outlet, a listening device and an emotional crutch as well as a tool to remove the veil of despair and help see a way forward. They have been magnificent.

Understanding what Mental Health issues are is overlooked. From not sleeping properly to experiencing stress, from feelings of suicide to psychosis. Both are equally classed as mental health issues. DON'T Be afraid to make contact and see what can be done to help.

The stigma associated with Mental Health issues I am happy to say is subsiding. However, MIND is reliant on donations and Charity. Your help will be invaluable to thousands of silent sufferers.



Pictured is my eldest son, Gary with his wife Louise. Gary himself has raised funds for Mind by climbing the three peaks and I look to raise awareness and funds for this Charity in my Captains year