



Mental health problems are more common than you might think. One in four of us will be affected at some time, but despite this, it's still a scary or little-known subject.

Mental Health UK

We challenge the causes of poor mental health and provide people with the tools they need to live their best possible life at home, school and work.

In a rapidly changing world, we bring together the heritage and experience of four charities from across the country who've been supporting people with their mental health for over 50 years.





