



1 in 4 of us will experience mental health issues in any given year. Across Cambridge, that is a nearly 37,500 people.

We've been supporting local people with their mental health for more than a century.

Our vision is a society in which everyone has positive mental health and feels part of a connected community.

We are Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind, your local mental health charity, and we are passionate about mental health and believe that everyone facing a mental health problem should receive the support they need and be treated with respect.

And we would love to be one of your nominated charities for survey season.

**A small description of our charity:**

We are an independent local charity, a values-based mental health charity. We are a highly collaborative organisation, providing a wide range of strength-based services and projects to support recovery from mental health problems and to promote positive mental health across our diverse communities.

Our services - which include out-of-hours crisis support, community wellbeing activities, peer support, perinatal support and Good Mood cafes here in Cambridge - have a real impact on the lives of local people, community groups and organisations.

We couldn't achieve what we achieve without support and fundraising and all funds are spent locally to grow and develop our services and to keep them going.

**Our impact: Three people who have used our services:**

*"It's the first time I've laughed in four years. I really needed this"*

*"Meeting new people in the group who have similar worries to myself which helped me to realise it's not just myself feeling this way and it has helped me think about my life differently such as things I need to try and let go and I need to enjoy the future more and let go of the negative past"*

*"It was like an overwhelming hug from everyone."*

