

“ The support from Hull and East Yorkshire Mind has helped me so much, specifically it has helped me to **build my confidence** and deal with panic attacks much better than I ever could before. ”

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Information Line:
01482 240133

Charity Number:
1101976

To all who supported us in 2019, whether that be our funders and commissioners, our volunteers and fundraisers - Thank you.

“ Hull and East Yorkshire Mind helped me every step of the way on my road to recovery. I now believe in myself which has **changed my life.** ”

“ I probably **wouldn't be here today** if it wasn't for the help I received from Hull and East Yorkshire Mind. ”

“Mind
gives me
hope”

 **mind**
for better mental health

Hull and East
Yorkshire

Annual Review
2019

- In 2019, our volunteers gave us 11,755 hours of their time. This is equivalent to 486 days!
- We launched a new service to support families experiencing perinatal mental health problems.
- Our fabulous fundraisers helped us to raise £148,934. This helps us to support more local people.
- We started a new pilot service to support people recently bereaved by suicide.
- We were awarded almost £300,000 from The National Lottery Community Fund to help people stay in work.

Helping More People

5,847 people

received advice and support with their mental health.

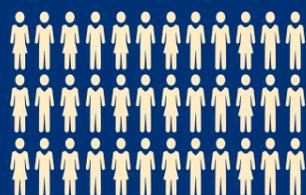


2,153 people

made contact with our Information and Advice Line.

2,508 enquires

were made via email, telephone, social media and in person.



231 people

came to our new information and advice drop-in sessions.

Changing Lives

151 people

who we worked with moved into paid employment, volunteering or learning.



96%



of people who we worked with said that their mental health had improved as a result of our support.

86%

of people who we worked with said that they had achieved their personal goals as a result of our support.



75%



of people who we worked with now live more independently.

- We worked with all of the local Blue Light services to provide free advice, support and training.
- Our East Riding support contract was extended for a further 3 years by East Riding Council.
- We partnered with The Educational Alliance on their new Be Well Programme to support students and staff with well-being and mental health.
- We continued our work in the Humberside Police Force Control Room offering mental health support and advice.
- We supported 77 people to start getting active as part of our Get Set to Go - sports and physical activity programme.

- We became one of the official charity partners of the ASDA Foundation Hull 10k for the next 3 years.
- Our training arm Mindworks delivered 243 courses and trained over 2,497 people on mental health topics.
- By working with Hull City Council, we helped almost 50 organisations to sign the Time to Change pledge.
- A survey was launched to give local people the chance to help us shape a new perinatal mental health service.
- We had 11 students from The University of Hull come to us on placement equalling 6,120 hours of time

Changing Opinions



1,615,414 people

were reached via our social media channels.

113,723 views

on the Hull and East Yorkshire Mind website.



86 stories

were published in local and national media outlets.

182 events

were held across the local area to promote the work that we do.

