



## Annual Review 2018-19

Giving support,  
changing lives

We're Solent Mind, the leading mental health charity across Hampshire.

We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.



## Welcome from our Chair of Trust

Our annual review gives us the opportunity to pause and take stock of the progress we are making towards our vision and objectives. It is also a time to reflect on where we go next as an organisation, as we strive to ensure people experiencing mental health issues receive the support they need and the respect they deserve.

The world in which we operate continues to present enormous challenges. Years of austerity have left a backlog of underinvestment in essential public services, particularly in relation to prevention and early intervention, and we are now seeing the only too predictable consequences of growing demand for support and increasing complexity of need. The unresolved issue of Brexit casts a shadow of uncertainty

over future economic prosperity which in turn threatens the vulnerable, those in poverty and in marginalised sections of the community – people already disproportionately affected by poor mental health, stigma and lack of access to the services they need.

In this climate, however, we are pleased to report that Solent Mind remains in good shape to ensure that anyone with a mental health issue has somewhere to turn to for advice and support. We do this through efficient and effective service delivery, sustainable financial performance and sound governance. The rich vein of personal lived experience that runs throughout the Solent Mind community, enables unique and compassionate support and advice. In the pages that follow,

# Trustees and our Chief Executive

you can read about how we are delivering the strategic priorities in our 2020 Vision, and actual examples from real life stories that demonstrate the impact we are having through empowering people to make a positive difference to their lives.

2018-19 has been a year of change at Board level. We bid a very great thank you and farewell to our long-serving Chair and Treasurer, Ros Cassy and Peter Hanlon. We also welcomed a new intake of Trustees (including our new Chair!) who bring fresh eyes as we reassess our vision and strategic direction, to ensure we remain relevant and fit for purpose as the next decade approaches, with all the challenges this brings.

This is also a great opportunity to express our very large debt of gratitude to our Trustees, Staff, Volunteers, Members and Service Users - the dedication and commitment of whom makes everything possible by inspiring hope for recovery and a better life.

Thank you.



*John Wilderspin*

John Wilderspin  
Chair of Trustee Board

 @JohnWilderspin



*Kevin Gardner*

Kevin Gardner  
CEO

 @SolentMindCEO

# Solent Mind

We provide support and services to help anyone experiencing mental health problems in Hampshire, Southampton and Portsmouth.

We won't give up until everyone experiencing a mental health problem gets support and respect.

We're part of a network of **124** local Minds in England and Wales, which are independent charities.

## Our Mission

We provide advice and support to empower anyone experiencing a mental health problem.

We campaign to improve services, raise awareness and promote understanding.

Our mission is reviewed regularly as part of our overall business planning process, involving trustees, staff and service users in making sure our direction is the right one.

## Our Values

Supporting our mission are our values, the ethical framework within which we operate our organisation:

### Open

We reach out to anyone who needs us.

### Together

We're stronger in partnership.

### Responsive

We listen, we act.

### Independent

We speak out fearlessly.

### Unstoppable

We never give up.

## Our 2020 Vision

By 2020, in the communities in which we work, we want:

- 1 Everyone with a mental health issue to trust Solent Mind to be on their side, and be able to support them or to find support for them.
- 2 Everyone supported by Solent Mind to know how they can achieve good mental wellbeing.
- 3 People with lived experience to share the power to design, deliver and lead mental health services.





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# Our 2020 Vision:

- ① Everyone with a mental health issue to trust Solent Mind to be on their side, and be able to support them or to find support for them.

We piloted our Community Peer Navigators Service, which signposts residents of Southampton to activities, groups and services with the power to support their wellbeing.

During the pilot, our team used their own lived experience to support and signpost 220 people through 1,100 interactions, successfully securing the continuation of the project for a further three years.



## Wellbeing

Our Wellbeing Centres provide a safe environment where people can learn techniques to improve their wellbeing, share experiences and support one another.

Our Eastleigh and Winchester Wellbeing Centres supported

more  
than 500  
people  
last year



"I was a bit scared of attending my first class, but I needn't have worried. Everyone was in a similar situation and very welcoming.

As a result of the help given by Marcella House and Solent Mind I have gone from a sad, lonely widow with little hope for a life, to an outgoing sociable person who decided it was time for me to concentrate on myself. I'm now socialising, I've lost a lot of weight, I have taken up Active Lifestyles with the local gym and I'm loving life now. Without their assistance and advice I wouldn't be in this position.

I will always support and recommend anyone in a similar need to contact Solent Mind. They are all lovely people and I'm glad to have met them."

Service User, New Forest Wellbeing Service

## Advocacy

Our Advocates work in hospitals, mental health units and the community across Southampton, Portsmouth and Hampshire to ensure that when people are deprived of their liberties, their voice is still heard.

In December, we were awarded the national Quality Performance Mark, given to organisations who demonstrate excellent Advocacy services.

Our Advocates helped

2,810 people

speak out and express their wishes in Southampton, Portsmouth and Hampshire.



## Peer support

Our peer support groups give people the opportunity to give and receive help with those who've had similar experiences.

"I was able to talk about myself, my situation and my family, to someone outside of my situation.

Just unloading and being sympathetically listened to enabled me to think more positively. Our conversation was a few weeks ago and I've been able to review my life and get things into perspective. Now, a few weeks on, I still have a positive attitude and instead of feeling I can't do things I now think maybe I can and I want to give things a try. Instead of having no energy to cope, I'm finding I now have the energy after all. I'm less anxious and worried.

I am now able to help other people, which I used to be able to do, as I now feel back on track. Thank you again."

Service User, Community Peer Navigation

.....



**Over 350**

people attended our  
Side by Side peer  
support groups in  
Southampton and  
the New Forest



# Remind



Remind, our Portsmouth dementia service offers practical and emotional support to people and their carers throughout their dementia journey. Through home visits, groups and activities, the team boosts peoples' wellbeing, reduces isolation and combats loneliness.

"I would like to take the time to thank you for your kind support and timely intervention on behalf of my mother.

You have been a Godsend to me and my family. Your regular and insightful communication, your constant availability and your caring attention to her needs have been a great source of comfort to her and, perhaps even more so, to me. Please keep up the good work." Daughter of Service User, Remind

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Through groups, workshops and 1:1 Cognitive Behavioural Therapy on the phone, in person and online, italk teaches people coping strategies and techniques for positive mental health.

"I would say that this service has been a lifeline for me and has helped me cope with some huge challenges in my life. I would not have been able to do this on my own and I am so grateful that the italk service is there for people like me, it is hugely important." Service User, italk



# Our 2020 Vision:

- ② Everyone supported by Solent Mind to know how they can achieve good mental wellbeing.

We are working across our services to make sure that everyone supported by Solent Mind knows how they can achieve good mental wellbeing.

## Heads Up

Our Southampton and New Forest young people's service ran a pilot workshop with parents this year, helping them learn more about how they can support their child's mental health and look after their own wellbeing as part of a whole-family approach.

Of the parents surveyed after the sessions:

94%

said their confidence in supporting their child's mental health had improved

95%

said they would be able to use at least one of the techniques they had learnt, at home

"Upturn's support isn't about pinpointing every worry or bad situation: it's about learning the skills I need to help me cope better in everyday life."

Service user, Upturn Fareham and Gosport Young Persons Project

Our Workplace Wellbeing training empowers businesses to care confidently for colleagues who may experience a mental health problem, and to incorporate positive wellbeing in their office every day.

"Hearing personal experiences and stories made this session so much better. I learned so much about mental health today and how to talk to people and approach them."

Workplace Wellbeing Participant

## Brighter Futures

Working with Victim Support and the Police & Crime Commissioner for Hampshire, we launched our Brighter Futures peer support service, helping people whose mental health had suffered as a result of being a victim of crime.



## Portsmouth Support and Recovery employment service

Our Portsmouth Employment Service helps people seeking paid employment, voluntary work, training or education, and supports people in keeping their existing employment.

Our Portsmouth Primary Employment Team received over 500 referrals this year, helping **93 people** into paid work and **95 people** to retain their jobs.

Our Portsmouth Community Peer Recovery team worked closely with Solent NHS Trust's Adult Mental Health Teams to support

**165 people**

who were also under secondary care



## Mayfield Nurseries

Mayfield Nurseries provides those living with a mental health problem a safe space to learn new skills, improve their wellbeing and grow in confidence through horticultural therapy.



Mayfield Nurseries has helped **120 people** this year:

**100%**

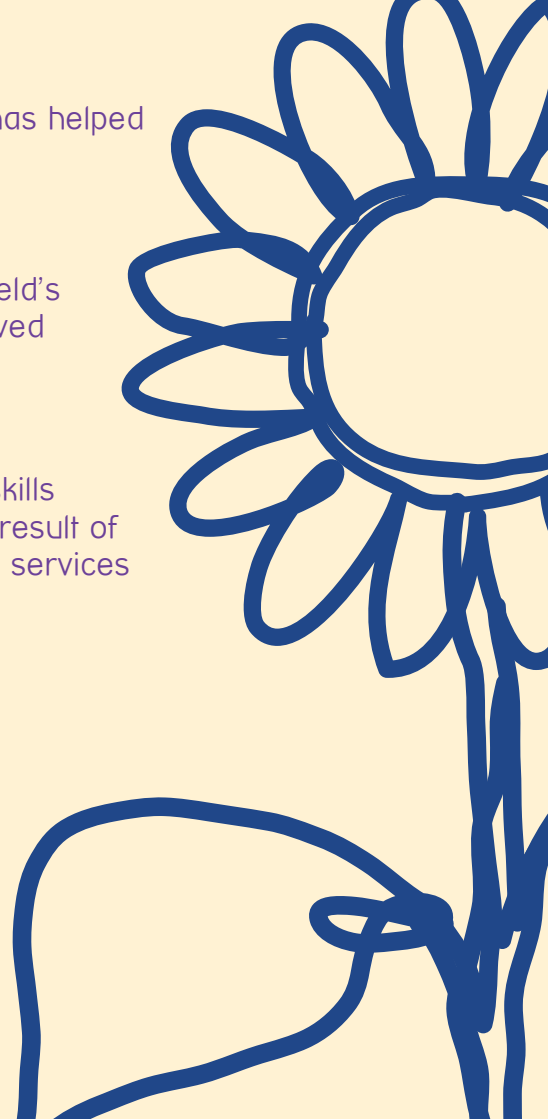
of people said Mayfield's services have improved their mental health

**90%**

of people feel their skills have improved as a result of accessing Mayfield's services

"Mayfield has given me hope for the future and a better quality of life."

Service User, Mayfield Nurseries





## Solent Recovery College

The Solent Recovery College provides training and education courses for people with mental health issues, as well as their family, friends and carers.

“I have learnt to manage my mental health issues much more effectively, by educating myself, having awareness and gaining practical experience to apply in my everyday life.

I have become better at communicating with friends and family whilst also becoming more confident in myself and my capabilities. The course has taught me there is no need to be ashamed... you can live a life worthwhile with a mental health illness through hard work, commitment and acceptance”.

Service User, Solent Recovery College

Since September 2018,

**200 students**

have registered at  
Solent Recovery  
College



# Our 2020 Vision:

- ③ People with lived experience to share the power to design, deliver and lead mental health services.

We believe that people with lived experience have a wealth of knowledge and expertise which has the potential to transform mental health services.

Our children and young person's service **Heads Up** is delivered by those who have experienced a mental health problem during their time at school, college or university.

The **Heads Up** team also gather vital feedback from young people which contributes to the development of new services and shapes wellbeing education for pupils, parents and teachers.

We support our **peer support** participants to share their feedback on wider mental health services. This year we also hosted visitors from a range of services, including University Hospital Southampton, Southampton University and other local Minds, to share their views and influence local and national change.



Our **Plants for People** project is owned and led by Southampton residents. The project brings people together to form neighbourhood gardening clubs that promote wellbeing and build on people's skills to develop the spaces where they live.





**100%** those  
on our 2018-19  
Board of Trustees  
had their own  
lived experience  
of a mental health  
problem



People who used our **Portsmouth Wellbeing** service took part in feedback forums throughout the year, making an impact on our services and the services provided by our partners. Commissioners and health professionals joined us to hear the views from these forums in person.

Our **Service User Forum** brings together those who have been supported by Solent Mind to share their feedback and help us shape the charity by co-producing our strategies and services. In 2018-19, the Forum:

- Sat on the recruitment panel when we selected our new Chair of Trustees
- Reviewed our Service User Engagement, Diversity and Digital Development strategies
- Shared their personal experiences to help develop Hampshire's NHS Mental Health Sustainability and

Transformation Partnership plan

The **Solent Recovery College's** specialist courses are designed in partnership by people with lived and professional experience.

- Our new Living with Post Traumatic Stress Disorder course was developed with veterans, their families and their carers.
- Our Dementia courses were co-produced by the staff and service users of our Remind dementia service.

Our Solent Recovery College ran over

**64 hours**

of courses each term

**100%** of our peer trainers started off as students

People using **italk** talking therapies provided photography for new information leaflets, sharing the local places that helped them on their recovery journeys.

**"It shows that beautiful things can grow where something is broken – just like me with my mental health."**

Service User, italk



# Developing our organisation

We've identified eight areas of our business as our priorities for development:

- ① **Diversification of Income** – growing the share of our income from independent sources, mindful of the reducing budgets in public authority commissioning under the Government's austerity programme;
- ② **Campaigning and Influencing** – applying our knowledge, expertise and lived experience to do more to reduce the incidence of people needing help with mental health issues;
- ③ **Research and Evaluation** – measuring our social and economic impact, and how investment in prevention and early intervention can reduce the escalation of need and avoid more costly interventions within the health and social care system;
- ④ **Diversity** – as mental health issues present particular challenges for BAME and other minority and marginalised groups in our society, ensuring delivery of that part of our Vision which states that we won't give up until everyone experiencing a mental health problem gets both support and respect;
- ⑤ **Children and Young People** – half of all mental health problems are established by the age of 14, and one in ten children between the ages of 5 – 16 has a diagnosable condition. This part of our plan is about doing more to promote better life outcomes for children and young people;
- ⑥ **Digital** – rethinking service delivery, fundraising, marketing and communications taking on board the digital opportunities available now and into the future;
- ⑦ **Communications** – strengthening our resources to raise awareness, break down mental health stigma, attract new partnership opportunities, and;
- ⑧ **Workforce Wellbeing** – ensuring the wellbeing of our staff and volunteers.





# How have we done?

Focussing on our eight priorities has helped us get from where we were in 2017 to a position closer to where we aspire to be by 2020.

- On **Diversification of Income**, market analysis in 2017 led to increased investment, with a three year plan for increasing returns. In 2018-19 we exceeded an increased income generation target of £450,000. This enables us to reinvest that income in services.
- We worked with Mind to train our staff and develop a **Campaigning & Influencing Strategy**.

We will also use our developing campaign skills to help **Children and Young People** and parents better manage mental wellbeing, and introduce a new service supporting families.

We bid successfully with our Southampton and Portsmouth City Council partners to become a regional hub for the Time to Change campaign, which we will deliver in 2019-20.

**time to change  
southampton &  
portsmouth**

let's end mental health discrimination



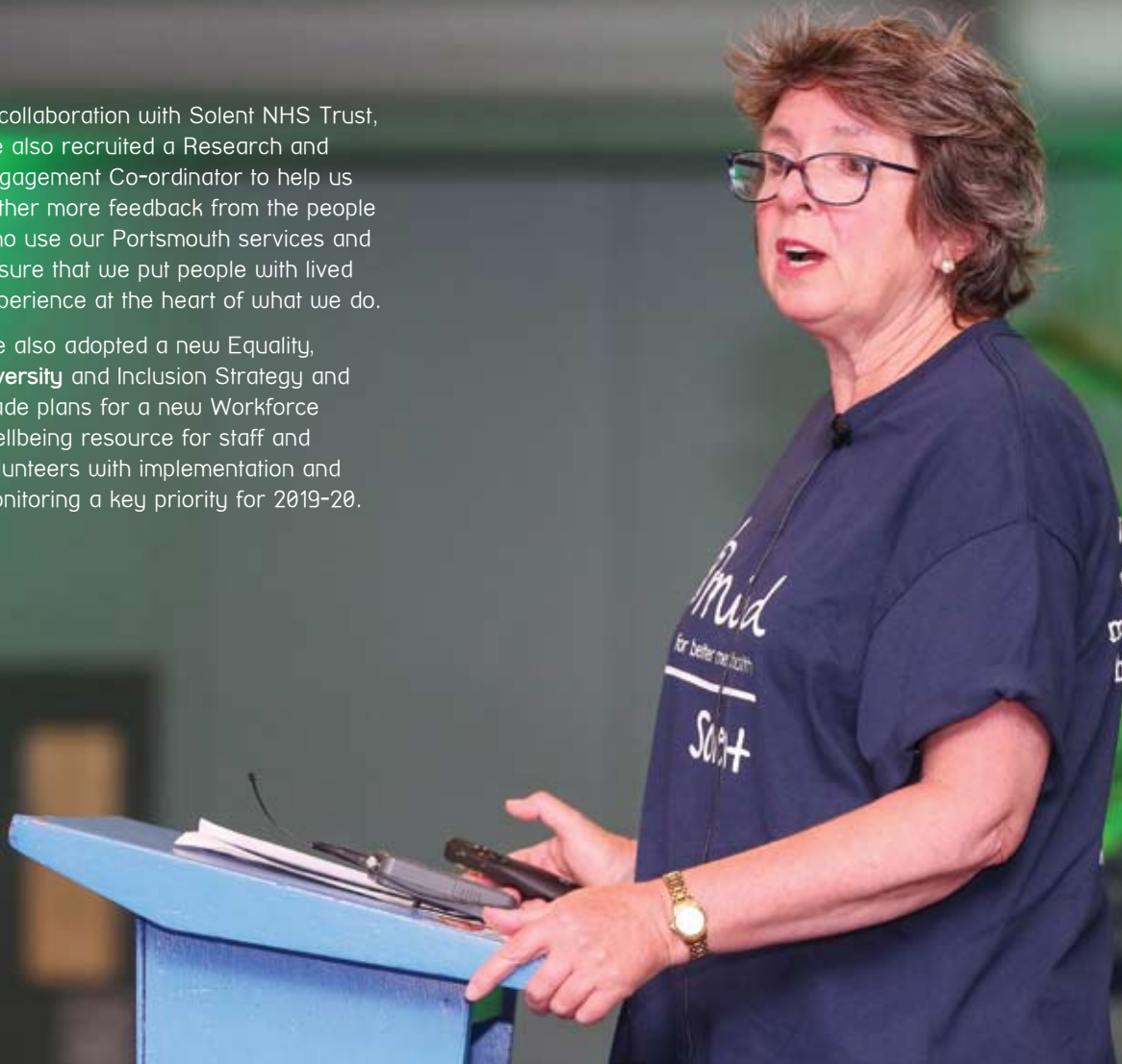
Our Community Peer Navigator Lou Richards joined Mind to share his lived experiences with MPs at the House of Commons, which helped to present the **#BeyondBricks** campaign; calling for changes to the housing system to promote better mental health.



- In 2017-18 we adopted our first **Digital Strategy**, and in 2018-19 we agreed a business case for a new HR system, implementation of which will be completed in 2019-20. We will also develop a new website, offering digital capability for better **communications** and modern service delivery.
- Our work towards better **Research and Evaluation** has meant a new approach to performance monitoring with an increasing focus on community impact, and more consistency in assessing service user satisfaction, quality and outcomes.



- In collaboration with Solent NHS Trust, we also recruited a Research and Engagement Co-ordinator to help us gather more feedback from the people who use our Portsmouth services and ensure that we put people with lived experience at the heart of what we do.
- We also adopted a new Equality, **Diversity** and Inclusion Strategy and made plans for a new Workforce Wellbeing resource for staff and volunteers with implementation and monitoring a key priority for 2019-20.



# Partnership working

## Working with other organisations

“Together” is one of Solent Mind’s core values, reflecting our belief that we can be more effective when acting in partnership.

Collaborative working with like-minded people means we can offer more to the people we support, learn from others, and provide a range of talents to deliver outstanding mental health services.

Our partnerships are with people using our services, commissioners, statutory and third sector bodies, and corporate donors:

- We help people access the information and support they need, so that they can develop the skills and strategies to manage their own health and wellbeing;
- We collaborate with other organisations that offer something complementary to our own resources and capabilities. We know where we have expertise, and where other agencies can add value, by virtue of their clinical skills and knowledge, their geography, scale and influence or specialist client expertise;
- We work with a range of corporate bodies, further to which we benefit from fundraising, promote greater

mental health awareness, and earn income through provision of training.

Partnerships have the potential to add value and achieve better outcomes for the people we serve. We consider the key requirements of an effective partnership to be:

- A shared vision of what we are trying to achieve,
- Shared values, including the valuing of partners and partnerships, and
- Good quality working relationships.

These key requirements have led to important partnerships:

- The italk service, which we provide together with Southern Health NHS Foundation Trust, combines access to clinical expertise with practical strategies to manage wellbeing, by phone, in groups, online or face to face, offering a range of support to meet a variety of needs.
- Our Portsmouth Support & Recovery Service offers advice and support with wellbeing, employment, and dementia care, complementing the clinical services available through Solent NHS Trust. We're pleased to renew this successful partnership for a further three years from April 2019, and work together to launch the new Positive Minds service in the city later in the year.
- Through our relations with Andover Mind, Havant & East Hants Mind, and Hampshire County Council, residents throughout Hampshire are able to access advice and support through our Wellbeing Centres.
- With the Rose Road Association, we share professional services through Solent Support Solutions, providing us with quality, resilient and cost-effective support in financial management and IT.



# Partnership working

## Working with you

We are privileged to have been supported by so many individuals and organisations over the past year, helping us to continue to be there for those in our community who really need our support.

From powerful national events to passionate community fundraising, we are grateful to everyone who has chosen to raise funds for us throughout the year.

We have also been fortunate to partner with organisations who have invited us into their workplaces to deliver wellbeing training. This has allowed us to use our expertise to promote positive mental health at work, whilst creating a new sustainable source of income for our growing charity.

Over the past year we have delivered

**94 training sessions**

in workplace wellbeing, ranging from 'bitesized' hour long sessions to whole day training

**335 people**

have attended our Line Managers course, increasing their confidence to support staff experiencing a mental health issue

"Employee wellbeing is extremely important to us at Eastleigh Borough Council, which is why we have partnered with Solent Mind to deliver a training programme around mental health and employee wellbeing.

Solent Mind have been crucial in delivering our aims by tailoring our content, being flexible and delivering training which has received fantastic feedback from both managers and employees. Solent Mind are experts in this area and it really comes across in the training they provide."

Learning & Development  
Specialist - Human  
Resources Eastleigh  
Borough Council





## Roost Heating

To celebrate Mental Health Awareness Week, the team at Roost Heating completed a 50 mile bike ride (with en-route boiler servicing!), raising an incredible **£1,562**. The team also gave up their time at Solent Mind locations to offer their plumbing skills free of charge.

**"The work Solent Mind does is fantastic and you really don't know when you or someone in your family or friendship group might need their help."**

Tareq Englefield, Roost Heating

## Dials Festival

Solent Mind was chosen as charity partner for the popular Dials Festival, who incorporated messages of positive wellbeing

for music fans and musicians alike across the five venues of their Southsea event.

**"Mental health has been discussed far more openly over the last few years and the Dials team think it's important that we do what we can to help raise awareness and help to fund the work that the charity does."**

Robin Seamer, Dials Festival Director

.....  
Fundraisers Luce and Joe completed the 12 miles and 25 obstacles of the iconic Tough Mudder to raise vital funds.

**"We raised almost £700 in the end and hopefully a few more donations to come now we've completed it. I took on this challenge in memory of my aunty who we lost in October after her long battle with mental health."**

Luce, Fundraiser



## RED January

To beat the winter blues, 182 people signed up to take part in RED January, an annual challenge to get active in the month of January whilst raising money for mental health.

2019 saw our REDers raise over **£9,600** for Solent Mind!



# Our year in numbers

Over  
**21,000**  
people viewed our  
Winter Wellbeing  
Toolkit on  
Facebook 

Our Fareham and  
Gosport wellbeing  
service supported  
**over 1000**  
people

Mayfield  
Nurseries  
helped  
**120 people**  
with mental health  
and wellbeing  
issues

 **441**  
people followed  
our Instagram  
account

**48,686**  
people visited  
our website

Over  
**4,000**  
children and  
young people  
were supported  
by Heads Up  
young people's  
service

Volunteers gave  
over  
**540**  
hours  
of their time to our  
Advocacy services  
in Hampshire,  
Southampton and  
Portsmouth

**17,500**  
people were supported  
through italk talking  
therapies

Our Fareham and  
Gosport children and  
young persons service  
Upturn supported  
**154** young people and  
their families





## Rebecca's story

Plants For People has changed my life and it's a dream come true. I have for years wanted to get involved in a gardening project as it helps reduce my anxiety, depression and stress.

On a daily basis I'm having difficulty going outside of my home, mixing and talking in groups of people, talking about my life past and present and trusting people to work and socialise with. I have been in fear of being judged, people using my anxiety for their own means and generally allowing myself to build and maintain relationships with people as friends and also in personal relationships.

My recent involvement with Plants for People's Maybush Growing Buddies group has helped break down barriers in trusting people and I'm also getting the confidence

to express my thoughts and feelings. I am learning when to step forward and step back when things happen which I agree or disagree with.

I am growing as a person as I and my committee can agree on our project and move it forward in the right direction to turn plans into reality. We can agree on safety, make rules and follow them through and allow others to get involved at their own pace and time. Then we can enjoy and feel proud of our achievements in opening a community gardening project.

Plants for People combines community development work with gardening to make a lasting difference to people living on social housing estates across Southampton. The service is delivered by Solent Mind's Mayfield Nurseries in partnership with Southampton City Council's Decent Communities Team.

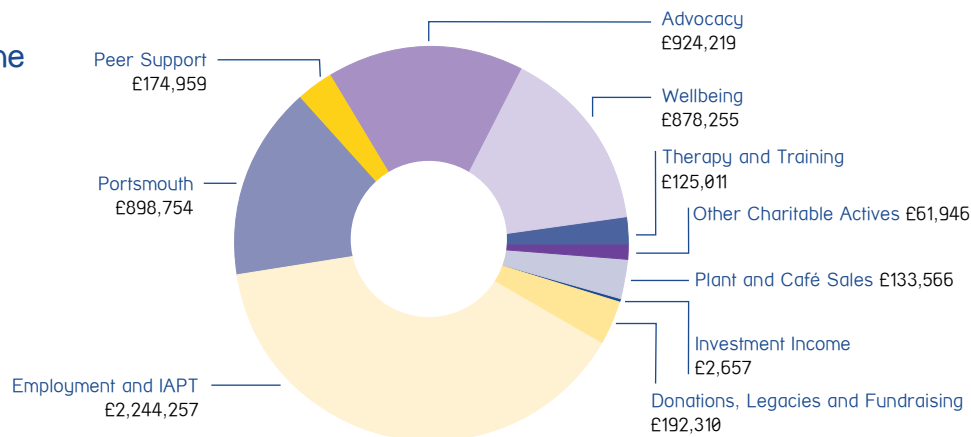


# Financial reports

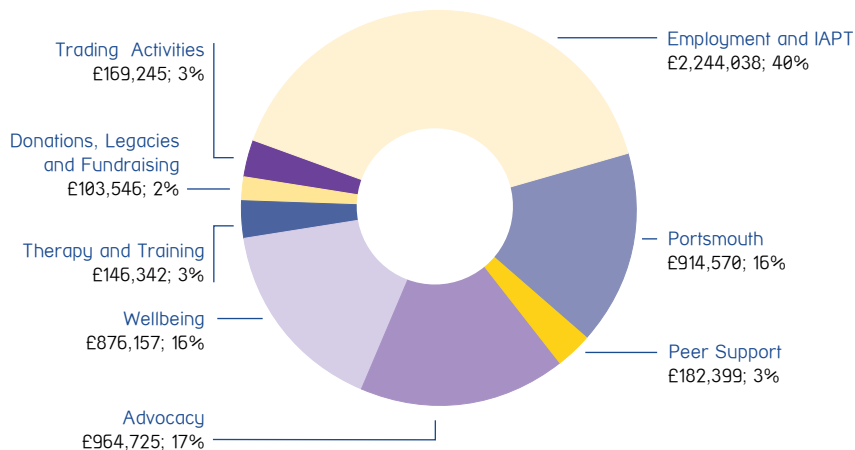
Consolidated statement of financial activities: "in our opinion the financial statements give a true and fair view of the state of charitable company and charities group's affairs as at 31st March 2019 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended."

P E H Wright FCA DChA  
(Senior Statutory Auditor)  
for and on behalf of Sheen  
Stickland, Chartered Accountant,  
Registered Auditors. A copy of  
the report to the Trustees and  
Audited financial Statements for  
2018-2019 are available on our  
website [www.solentmind.org.uk](http://www.solentmind.org.uk),  
or by request from  
15-16 The Avenue, Southampton,  
SO17 1XF.

## Income 2019



## Expenditure 2019



# Solent Mind

## Balance sheet

For the year ended 31st March 2019

		GROUP		CHARITY	
		2019	2018	2019	2018
		£	£	£	£
<b>FIXED ASSETS</b>		1,906,440	1,873,698	1,889,197	1,861,442
<b>CURRENT ASSETS</b>	Stock	28,575	41,615	-	-
	Debtors	609,929	479,241	576,517	473,223
	Cash at Bank	1,166,053	1,082,781	1,074,217	956,677
<b>TOTAL CURRENT ASSETS</b>		1,804,557	1,603,637	1,650,734	1,429,900
<b>CREDITORS – Amounts falling due within one year</b>	Creditors	(280,301)	(341,203)	(251,534)	(328,325)
	Deferred Income	(421,142)	(338,592)	(375,040)	(260,958)
	Mortgage	(20,814)	(18,064)	(20,814)	(18,064)
<b>NET CURRENT ASSETS</b>		1,082,300	905,778	1,003,346	822,553
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		2,988,740	2,779,476	2,892,543	2,683,994
<b>CREDITORS – Amounts falling due after more than one year</b>	Mortgage	(251,298)	(274,872)	(251,298)	(274,872)
<b>PROVISION FOR LIABILITIES</b>		(131,053)	-	(131,053)	-
<b>PENSION LIABILITY</b>		(66,070)	(74,945)	(66,070)	(74,945)
<b>TOTAL NET ASSETS</b>		<b>2,540,319</b>	<b>2,429,659</b>	<b>2,444,122</b>	<b>2,334,177</b>
<b>FUNDS</b>	Endowment funds	649,554	641,036	649,554	641,036
	Restricted funds	117,394	138,126	117,394	138,126
	Unrestricted funds	1,452,416	1,329,542	1,356,219	1,234,060
	Revaluation reserve	320,955	320,955	320,955	320,955
<b>TOTAL FUNDS</b>		<b>2,540,319</b>	<b>2,429,659</b>	<b>2,444,122</b>	<b>2,334,177</b>

# Trustees

The following were Trustees of the Charity and Directors of the Company during the year ended 31st March 2019:

<b>Chair</b>	Ros Cassy OBE (Retired October 2018) John Wilderspin (From October 2018)
<b>Vice Chair</b>	Richard Coundley (Resigned January 2019) Vacancy (January 2019 -)
<b>Treasurer</b>	Peter Hanlon (Retired October 2018) Robin Goater (From October 2018)

.....	Bryan Palmer (Retired July 2019) Jack Wiseman (Resigned May 2019) Julie Todd Louise Goux-Wirth Polly Hicks Rachel Jessney Sarah Clements Sharon Hill
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<b>Chief Executive and Company Secretary</b>	Kevin Gardner
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The following provide services to the charitable company:

<b>Auditors</b>	Sheen Stickland, 7 East Pallant, Chichester, West Sussex, PO19 1TR
<b>Bankers</b>	Unity Trust Bank, 9 Brindleyplace, Birmingham, B1 2HB  Handelsbanken, 3 Carlton Crescent, Southampton, SO15 2EY
<b>Solicitors</b>	Lester Aldridge, Russell House, Oxford Road, Bournemouth, BH8 8EX  Moore Blatch, 11 The Avenue, Southampton, SO17 1XF

A bouquet of flowers, including several pink tulips, white tulips, and two clusters of small pink flowers, is set against a bright yellow background. A blue line drawing of a flower is also visible. A tag is attached to the bouquet with a blue string.

## Thank you

We would like to express our sincere thanks to all the individuals and organisations who have supported our work over the past year, making it possible for us to be there for **26,354 people** who trusted us to support their mental health.



We're Solent Mind, the leading mental health charity across Hampshire. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

Solent Mind  
15-16 The Avenue  
Southampton  
SO17 1XF

t: 023 8202 7810  
e: [info@solentmind.org.uk](mailto:info@solentmind.org.uk)  
w: [www.solentmind.org.uk](http://www.solentmind.org.uk)

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Registered with Limited Liability in  
England and Wales No. 4004500.

September 2019 MIN 87

