



Our Impact

**Championing the
UK's Mental Health**

2024-2025

[mentalhealth-uk.org](https://www.mentalhealth-uk.org)



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Introduction from Brian Dow, CEO of Mental Health UK



Over the past year, we continued to navigate a challenging social and economic landscape. The ever-increasing cost of living, rising mental health needs, and ongoing strain on public services have created an environment in which demand for our support has never been greater. At the same time, fundraising conditions have remained difficult, with many charities competing for limited resources in an uncertain climate.

Against this backdrop, I am incredibly proud of what Mental Health UK has achieved. Thanks to the generosity and commitment of our supporters, we grew our income and maintained a strong base of unrestricted funding – allowing us to sustain the reach of our work across the UK.

While we faced the tough decision to close our online community, Clic, our planned investment in other core programmes enabled us to still meet rising mental health needs. From early intervention programmes in schools to targeted support for financial hardship, we've remained true to our purpose: to support people at home, school, and work to build a thriving UK where good mental health is prioritised.

This year also saw us deepen our national influence. Our second Burnout Report and the launch of the Menopause, Mental Health, and Me campaign helped drive vital public conversations, while our digital information provided supportive information to millions of people. We've also continued to grow a committed community of supporters and partners, whose generosity and belief in our mission have enabled us to reach further than ever before.

Looking ahead, we are focused on scaling what works – strengthening our impact, improving access, and ensuring sustainability. With a refreshed strategy, a growing network of partners, and a commitment to those we support, we are entering the next year with ambition, clarity, and hope.

To all our staff, partners, funders, and supporters: thank you. Your dedication makes our work possible, and your belief in better mental health for all continues to drive us forward.



Who we are and what we stand for

Mental Health UK supports people at school, home, and work to build a thriving UK where good mental health is prioritised. We challenge the systems and situations that hold people back, and equip them with tools and advice to unlock their full potential.

We unite the strength of four other mental health charities in England, Wales, Scotland, and Northern Ireland, combining deep local knowledge with UK-wide impact to shape a better future for us all.

Together, we champion the UK's mental health.

Vision



A future where good mental health is a shared priority, and everyone has the tools and support they need to live well and get through life's challenges.

Mission



We make sure people get the support they need to look after their mental health and unlock their potential – at home, at school, and at work.

Our values



Collaboration

We achieve more together.

Equity

We focus on those most affected and challenge inequality.

Innovation

We try new things and grow what works.

Impact

We measure what matters and focus on making a real difference.

Lived Experience

We listen, learn, and co-design with people who've been there.



Programme objectives

Innovating for real-life challenges

We design and test practical solutions that respond to the pressures people face every day – from money worries and school demands to workplace stress and burnout. Working alongside communities and our alliance partners, we pilot new approaches, learn quickly, and grow what works. This ensures our programmes remain relevant, evidence-based, and capable of making a measurable difference in people's lives.

Expanding reach and access

We make sure more people, in more places, can access the right support when they need it. Through national programmes and local partnerships, we deliver support where life's pressures hit hardest – at home, at school, and at work. By embedding equity and inclusion at every stage, our programmes break down barriers and prioritise underserved communities, ensuring no one is left behind.

Influencing change through insight

Our programmes don't just deliver impact on the ground – they shape change across the UK. By sharing lived experience and frontline insights, we influence employers, funders, and policymakers to design fairer systems and stronger support. From our annual Burnout Report to the evidence emerging from Into Work and Me & Money, we ensure the voices of the people we support help to drive national debate and action.

Evolving through co-production and learning

We never stand still. Guided by our Cycle of Change, we listen, co-design, and adapt so that our programmes stay effective in a fast-changing world. Every new programme is built with lived experience at its heart, and we share learning across our UK-wide alliance to make sure what works in one community benefits many more. This culture of improvement ensures we're always unlocking potential – for individuals, families, and communities.



Our programmes at home, school, and work across the UK

We understand the interconnectedness of mental health, and have been dedicated to identifying areas where we are able to offer the best support. Our work is anchored in five thematic areas – Money, Employment, Young People, Advice & Information, and Women’s Mental Health. These themes act as the lenses through which we identify need, design and deliver programmes, and measure impact. They ensure our programmes are focused where we can create the greatest change, while giving us the flexibility to respond to emerging challenges across the UK.



Mental Health UK is part of an alliance with our founding charities

Mental Health UK is a charity in its own right, and an alliance of four mental health charities across the UK: Adferiad in Wales, Change Mental Health in Scotland, MindWise in Northern Ireland, and Rethink Mental Illness in England.

Joining forces enables us to unite our strengths — combining deep local knowledge with UK-wide impact to shape a better future for us all.



Our Impact

2024/2025 at a glance



98%

of Into Work clients reported meaningful improvement in their mental health



720

Your Resilience workshops delivered



Your Resilience

Over 1.8 million

views of Mental Health UK's website





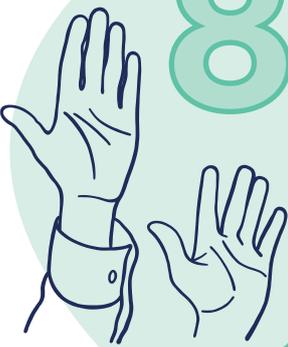
Over
100K
young people reached
through Bloom

Bloom

Over
£11 million
in financial support for
clients by Mental Health
& Money Advice service



 Mental Health
& Money Advice



81 Me &
Money
workshops
delivered to
1,573
young people

**Me &
Money**

1,341
clients supported
by Mental
Health &
Money Advice





Home Mental Health & Money Advice

The link between money and mental health is undeniable, with half of people in debt also experiencing mental health problems. Our Mental Health & Money Advice (MHMA) service is our flagship service and provides a vital bridge between financial and mental health support, offering expert practical advice. Through targeted casework, accessible online resources, and a client-centred approach, we support thousands each year to improve their financial resilience and wellbeing.

Our mission

In 2024/25, our mission focused on shaping the service's first strategic plan – laying the foundation for future growth, expanding our reach to underserved communities, and embedding digital innovation at the heart of our delivery. We remained committed to providing high-quality advice and successfully increased the number of individuals we supported.

Our impact in 2024/25

- MHMA supported 1,341 clients in 2024/25 (1,013 in 2023/24)
- 89% clients reported increased wellbeing
- 93% clients said the support had improved their ability to manage their money
- 669,000 people accessed online MHMA resources

MHMA achieved £11m in financial support outcomes, consisting of:

- £7.4m debts managed
- £909k debts written off
- £2.6m income gains



Casey's story

Casey was referred to the service from the local Community Mental Health Team seeking advice on his personal independence payment (PIP) renewal, concerned how he would complete this without support. Casey lives with cancer, heart problems, PTSD, and suicidal ideations. He was reliant on PIP to survive.

Casey said, "I would like to take this opportunity to say a very big thank you to MHMA. The adviser was very professional and very understanding towards me and my illness. I could not have done my forms myself because of the way the forms are worded, as they are very hard to understand and complicated. In my opinion, the service provided is very valuable to people like me; we could not get the proper advice and help without it..."

(name changed for privacy reasons)

Marlena's story

Marlena, a pensioner with physical and mental health conditions, was left without financial support after her husband abruptly left. All income, including pensions, stopped, and she relied on family handouts. We supported with benefit applications likely to total over £15k p.a. and helped her request a debt to be written off.

She sought to challenge a loan taken during a period of ill health and financial distress, used to clear an overdraft and mortgage arrears. We discussed irresponsible lending and supported her in gathering medical evidence to request for the loans to be written off. With support, Marlena contacted the lender independently. The lender agreed to write off two loans totalling £20,356.38. Marlena expressed deep gratitude for the support received.

Marlena said, "I thank you from the bottom of my heart for all the help/advice you have given me... I have a long way to go with my mental health and know I can only take little steps at a time."



“

Before you contacted me, I felt I was in a black hole, a deep well with no ladder to get me out; however, after you contacted me, my life has done a complete turnabout and I now have a ladder and I am climbing out of the deep black well.
– **Mental Health & Money Advice service member**

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Supporting mental health through Advice and Information

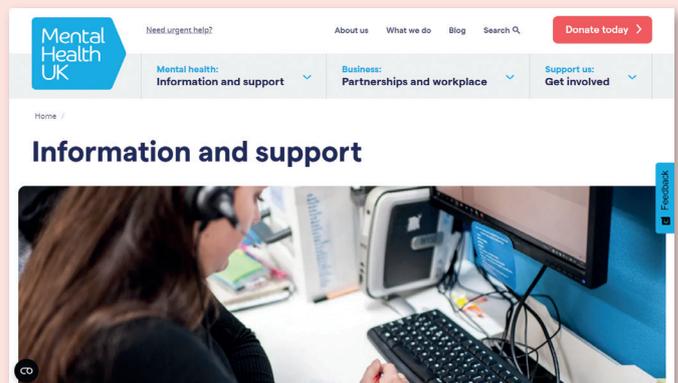
In addition to our programme delivery, we support people with their mental health through trusted advice and resources. We provide advice through our Mental Health UK website and social channels, where people can easily access information about mental health conditions and ways to support ourselves and others. In addition to this, each of our partner charities offer an Advice and Information service to support people in their respective nation.

Our mission

Throughout 2024–25, we set out to continue providing high-quality advice and information to people no matter where they are on their mental health journey. For those seeking information for the first time, to those who may have lived with a mental illness for a long period of time, we aimed to grow our resources to empower people to better understand their mental health and have the tools to improve their lives.

Our impact in 2024/25

- Over 1.8m views of Mental Health UK's website
- Over 300,000 visiting and viewing content on our advice, information, and support pages
- Over 300,000 followers across our social media channels
- 41,777 downloads of our practical mental health resources



“

I am caring for someone with a mental illness, the benefit forms and process is difficult to understand and stressful, thank you for writing an article that is easy to understand and informative. – Mental Health UK service user

”





School Young people's mental health

The mental health needs of young people have never been more pressing, with emergency referrals in England increasing by over 50% in just three years. Almost half of the children and young people who require mental health support are currently not receiving it through the NHS. Against this backdrop, our preventative young people's programmes are a vital part of building a healthier future.



Our Mission

Mental Health UK's Young People's Programmes work at the heart of underserved communities to create long-term, sustainable change in mental health outcomes by supporting young people to understand and build their resilience. Our programmes have been co-produced with young people to tackle the drivers of poor mental health.

Working holistically with schools and youth organisations, we seek to strengthen and empower both young people and the communities they are connected to, leaving a legacy of integrated support which can be sustained for years to come.



Educating young people about money and mental health through Me & Money

As financial pressures mount, particularly for younger generations, Me & Money tackles a critical but often overlooked aspect of mental health: financial wellbeing. The programme goes beyond basic financial literacy to explore the complex, lifelong relationship between money, emotions, and mental health. By helping young people understand the underlying beliefs and behaviours that shape their financial lives, Me & Money empowers them to manage money worries before they become entrenched challenges.

Helping young people build confidence with money at Priory College, Northern Ireland

Year 12 students at Priory College were beginning to take on responsibilities around money, from summer jobs to independent spending. To support them, the school partnered with Mental Health UK to deliver the Me & Money programme.

Through interactive workshops, students explored budgeting, saving, and managing money worries. Initially, many reported feeling anxious or unsure, but by the end 15 out of 20 could confidently track their weekly spending using a budget template. Students also practised strategies like “pause before purchase” to make mindful choices.

The sessions also created a safe space to talk openly about money – often for the first time. Pupils valued learning that their peers faced similar challenges, reducing embarrassment. 76% said the workshops gave them tools they could use in their lives, and six months later many reported small savings pots or sharing learning with siblings and friends.

Our impact in 2024/25

- 1,573 young people reached since the programme’s full launch in September 2024
- 81 workshops delivered
- 83% reported improved understanding of the money-mental health connection
- 78% felt better equipped to manage future financial worries

“Money is always on my mind. Like every day, one of my biggest worries is money. So, I feel like it was quite good for just now just to get insight on other people’s situations as well because it makes you feel like you’re not alone, it’s not just you.”
– Me & Money participant

“It made me realise that money stress is normal, but there are things you can do to feel more in control.”
– Me & Money participant

“They were more willing to talk openly about money and share ideas in class.”
– Participating teacher, Priory College



Bloom

Bloom empowers 14–18-year-olds with the skills, knowledge, and resilience they need to support their mental health through life’s challenges, both now and into adulthood. Delivered in partnership with schools and colleges, Bloom focuses on building sustainable change by equipping educators to independently deliver the programme. Through this model, we embed mental health learning deeply within the education system, ensuring it reaches young people long after initial delivery.

Our impact in 2024/25

- 100,153 young people reached
- 399 teachers trained
- 74% of participants reported they could apply tools learned in their lives
- 77% reported improved understanding of resilience

“ I learnt so much about how to handle stress. I feel like I can manage tough situations better. ”
– Bloom participant

Proactive support for exam stress at Craigmount High School, Edinburgh, Scotland

As exams approached, 56 pupils at Craigmount High School were experiencing high stress, with 61% of students reporting feeling stressed about their exams. To help, we delivered our Bloom Exam Stress course locally via one of our partner charities, Change Mental Health.

Students explored common stress patterns such as catastrophising and self-criticism, learning that these experiences were shared. They also examined the science of stress and strategies like positive self-talk, grounding, and visualisation. Each student created a personalised action plan to use in the weeks, days, and minutes before exams.

The results were striking: 95% of participating students reported a stronger understanding of resilience, 90% felt more confident supporting peers, and all participants said they felt able to apply tools in their own lives. School staff observed that the workshops fostered both individual wellbeing and a culture of peer support, giving the students sustainable ways to maintain better well-being throughout exam season.

“The timing of this has been perfect, equipping students with strategies to manage their stresses.” – Polly McLachlan, Pupil Support

Through the workshops, Craigmount pupils left with practical strategies to manage exam stress and greater confidence in their resilience.

Your Resilience

Your Resilience is designed to proactively support young people who are at greater risk of experiencing poor mental health, especially those living in areas of deprivation, rural communities, and ethnic minority groups. Recognising that social inequality and discrimination are major drivers of poor mental health, the programme takes a community-centred approach, addressing the unique challenges faced by these young people. Delivered outside of traditional education settings, Your Resilience offers an accessible and culturally sensitive pathway to better mental health.



Working with neurodivergent and autistic young people at the Daisy Chain Project, Newcastle

In November 2024, we partnered with The Daisy Chain Project, a charity supporting neurodivergent and autistic young people and their families. Together, we co-developed an adaptive delivery of Your Resilience, shaped through discussion with Daisy Chain staff and young people to ensure sessions met their specific needs and created a safe, comfortable environment for learning.

The impact of this tailored approach on participating young people quickly became evident. Some began attending other group sessions at Daisy Chain because they felt more confident; all of those participating said they could use the tools learned in their lives, and half said they felt better able to support others after taking part. Staff also observed changes in the young people's behaviour. Those who took part became more confident in expressing their viewpoints, and friendships grew and developed amongst the group.

"The workshop was really helpful and fun at the same time... I feel like I know myself a bit more now." – Participant

"The training provided a clear overview of Your Resilience but also, very importantly, the flexibility to adapt each module to suit our groups. This level of flexibility is extremely helpful and will enable us to make the most of the resources." – Jim Doherty, The Exodus Project, Scotland

Our impact in 2024/25

- 3,866 young people reached
- 416 facilitators trained
- 720 workshops delivered
- 82% of participants felt more able to support family and friends
- 97% felt more confident in their mental health knowledge

“They all said they feel more confident and able to talk. One of the young people who is elective mute has gradually felt able to talk out a little more, which is amazing... A few of the group want to move on to be peer mentors for the next group of young people to do this programme with Daisy Chain.” – Staff member, Daisy Chain Project

Work

Mental Health at Work



Too many people with mental health challenges are locked out of employment - and too many workplaces lack the support systems needed to foster wellbeing. Our work-focused programmes help bridge this gap by supporting individuals into meaningful employment, while also partnering with organisations to build mentally healthy, compassionate workplaces.

Creating holistic employment pathways through Into Work

Meaningful employment can be transformative for mental health. Our award-winning Into Work programme provides holistic, personalised support to people with mental health challenges, helping them move towards work, training, or volunteering opportunities. Built on trust and flexibility, the programme addresses each participant's unique barriers and supports them to achieve sustainable change, often with remarkable outcomes.

Our mission

Our mission throughout 2024–2025 was to empower people living with mental health challenges to move confidently towards meaningful employment. Through tailored, compassionate support, we build resilience, enhance wellbeing, and open doors to inclusive opportunities – creating lasting impact for individuals, workplaces, and communities.

Our Impact in 2024/25

- 252 people supported in Gravesend and Harrow; 505 people supported through Wrexham's Adferiad employment programme
- 114 individuals (45%) moved into employment or volunteering roles in Gravesend and Harrow
- Over 80% improved from low wellbeing categories
- 98% reported meaningful improvements in mental health

“ Into Work gave me hope when I'd lost it. I used to think people like me don't get jobs. ”
– Sophia, Into Work Client



In 2024/25, Into Work continued to make meaningful strides in supporting people with mental health challenges to access employment opportunities that promote wellbeing and independence. Through our Mentoring Programme, 17 Bank of America mentors worked closely with 24 mentees, offering personalised career guidance and confidence-building support. These relationships helped individuals feel more prepared and empowered to take their next steps toward work.

Our commitment to inclusive hiring was strengthened through partnerships with over 100 employers, creating pathways into work that are welcoming and accessible. With the support of our dedicated engagement officers, 25 clients were placed directly into roles that matched their skills and aspirations.

Steven's Into Work story

After years as a Data Analyst, Steven stepped back from work due to depression and the lasting effects of cancer treatment that impacted his speech.

When he contacted Into Work, he shared his challenges and asked if support was available. That step began a quiet but powerful transformation.

Steven entered the programme eager to re-engage, showing flexibility and hope despite adversity. Support was practical and tailored: his CV was refreshed, he was connected with remote-friendly roles, and online training sharpened his coding and admin skills. Volunteering helped him rebuild confidence and reconnect with others.

We also hosted two job and volunteer fairs in collaboration with Harrow College Excite & Harrow Council, that reached more than 1,200 attendees and brought together 120 employers, providing practical support to help those returning to employment.

To ensure our services remained accessible and relevant, we launched a new online Employment Hub, offering tailored resources for both clients and employers. We also supported individuals to build digital literacy skills, helping them navigate online applications and virtual interviews with confidence. These developments reflect our ongoing commitment to breaking down barriers to employment and ensuring that mental health is never a barrier to opportunity.

A pivotal step was enrolling in a British Sign Language course, giving him new ways to express himself socially and professionally. Another turning point came when he volunteered at a community event – serving tea and coffee. For Steven, the kindness he experienced that day was transformative, helping him see his resilience and rediscover self-worth.

“ At the beginning, I wasn't sure if this service was right for me, but I'm so glad I stuck with it. William, thank you for believing in me. And Kelly, thank you for always encouraging me. I didn't think I'd be here in such a short time – you've made a real difference in my life. ”

Now, Steven is continuing BSL training, exploring flexible roles, and advocating for inclusive recruitment. With Into Work's support, he is starting a volunteer role at a web development company – an opportunity that aligns with his skills, accommodates his needs, and reaffirms his value in the workplace.

**image and name changed for privacy reasons*



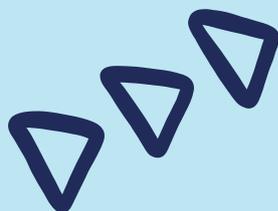


Creating mentally healthy workplaces

The workplace has a profound impact on mental health. Our Workplace Mental Health and Training Team works with organisations across sectors to create compassionate and resilient workplaces. This year, we placed a particular focus on burnout prevention, equipping both employees and leaders with the skills to recognise early warning signs and build supportive environments. By embedding mental health awareness into workplace culture, we contribute to lasting, systemic change.

Our mission

Our mission is to advance practices promoting and normalising mental health in the workplace, providing employers with the tools and resources they need to achieve this. We will develop tools and benchmarks that set new standards for workplace wellbeing, and we will continue to innovate and address emerging mental health needs. We are committed to expanding our support programmes to reach more individuals, including young people, on their path to employment. By generating sustainable revenue, we will ensure the growth and impact of our team, enabling us to provide even greater support to organisations and individuals alike.



Our impact in 2024/25

- 4,276 people reached over 156 sessions
- Over 90% satisfaction rate
- Worked with organisations such as the Met Police, NHS, Ordnance Survey, Mobic Group, Bank of America, and Omexom.

In 2024/25, the Workplace Mental Health Team continued to make a powerful impact through its compassionate and practical approach to supporting mental wellbeing at work. Our Stronger Mind, Stronger Business campaign, developed in partnership with Lloyds, was recognised with multiple awards, celebrating its innovative delivery of therapeutic coaching to small business owners.

We were also proud to contribute to the Spark Conference, where our team shared insights on burnout in the workplace with Service Desk professionals – helping to raise awareness and offer tangible strategies for managing stress in high-demand roles.

The Workplace Mental Health Team has continued to nurture and grow meaningful partnerships with organisations across a diverse range of sectors. Our work is rooted in collaboration, taking time to understand each organisation's unique challenges and support the development of more compassionate, inclusive cultures.

91% of attendees agreed or strongly agreed that the training would positively influence their workplace culture and approach to mental health.

82% said they would change the way they work as a direct result of the training.



“ The course was run really well and covered a lot of topics regarding mental health. Our trainer was really engaging and I liked the different group exercises to keep everyone involved. I felt the exercises really helped me understand the topic we had been covering. – about our Mental Health Awareness course. ”

“ I now have a better framework for engaging in difficult conversations with people I know who I think may be struggling. – about our Mental Health Awareness course ”





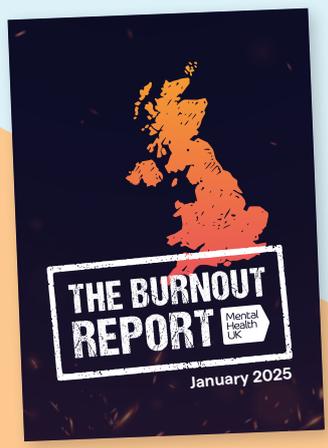
The Burnout Report: Deepening our understanding of burnout

The second edition of our Burnout Report, which launched in January 2025, deepened our understanding of the prevalence and experience of burnout across the UK. This year's report allowed us to better understand trends in the experience of burnout, with a generational divide in the experience of burnout presenting as a standout theme.

Burnout will continue to remain an area of focus for us. We will continue our exploration of the topic while playing an active role in influencing change at individual, organisational, and policy levels.

This year's Burnout Report achieved:

- A total of 448m in reach within a week of launch
- Widespread media coverage, including front page of the Times, as well as features in iNews, Guardian, BBC Radio 5 Live, Independent, Express, New European, Women's Health, Stylist magazine, local BBC Radio, a range of other regional radio stations, and HR publications



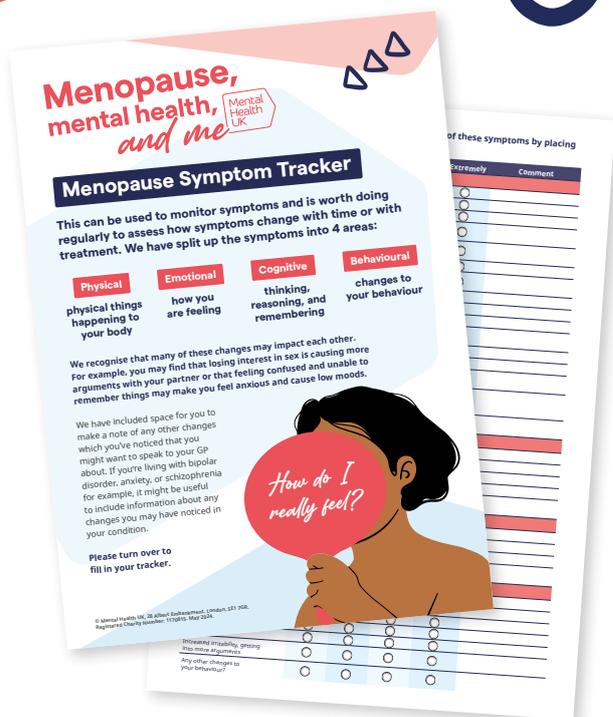
Menopause, mental health, *and me*

Mental
Health
UK



Over the past year, we have continued to explore the link between menopause and mental health. Shared in the form of a 'Menopause, Mental Health, and Me' pack, users have been able to access a free guidance pack and mood tracker to support them with this transition.

As well as offering resources for individuals, we have continued to advocate for a wider understanding of menopause within society, particularly in the workplace. Our resources have offered practical guidance about discussing menopause in the workplace, and awareness remains a top priority across our channels. We look forward to deepening our understanding and support offering about menopause and mental health, which has already begun through our free webinar series about the importance of understanding menopause in the workplace.



**Our Menopause,
Mental Health, and Me
resources have been
used by over 5,000
people in the past year.**





The Impact of fundraising and partnerships

Thank you to our community of supporters

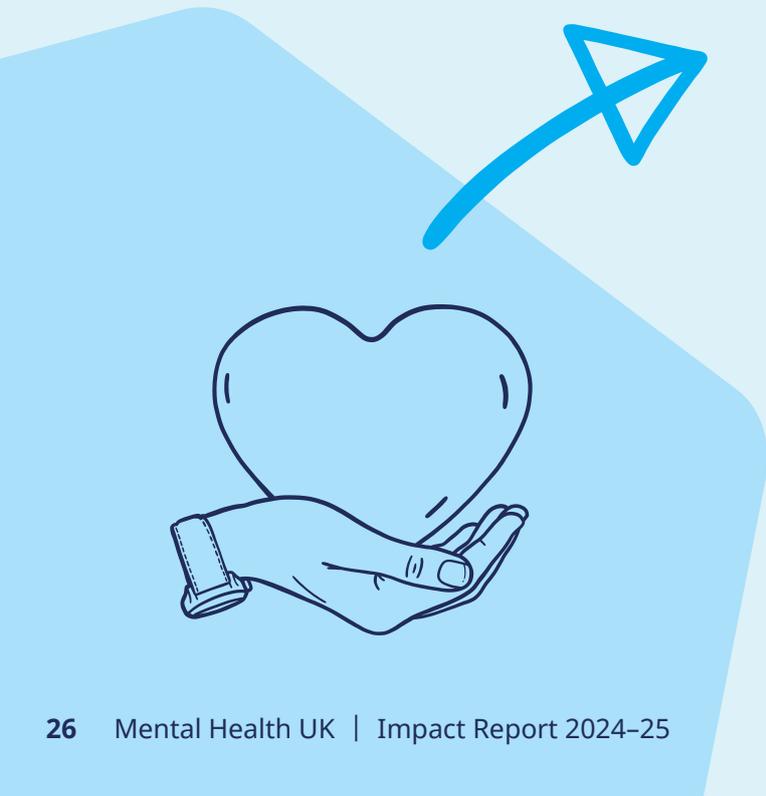
We would like to extend a massive thank you to all our dedicated supporters, whose commitment of time and money to Mental Health UK makes a huge difference to those using our services — giving people the tools they need to live their best possible lives at home, school, and work. In 2024/25 we raised a total of **£3.032m** across all income streams.

Our approach to partnerships

Partnerships are at the core of our fundraising, and we're proud to work with respected businesses from sectors including finance, construction, retail, leisure and more.

We celebrated the conclusion of a two-year partnership with Bank of America, reaching over £1 million and raising £140,000 from their annual Thanksgiving Day alone. Skipton Building Society's partnership generously supported the Mental Health & Money Advice service for a second year, with a transformational donation. A new three-year partnership with PwC was also launched, throughout which we aim to raise £150,000. PwC will also provide skilled volunteering support, collaborating on projects where they can support Mental Health UK's strategy and purpose.

With diverse workforces, broad consumer reach, and extensive stakeholder networks, our corporate partners play a vital role in improving the nation's mental health. We take time to understand each partner's goals and explore how, together, we can drive meaningful change. Whether through colleague engagement, fundraising, awareness initiatives, or mental health training, or by developing customer activations aligned with our programmes, our partnerships are designed to create lasting impact and a positive legacy.



Bank of America

2024/25 marked the second year of our transformative partnership with Bank of America, a collaboration that has made a lasting impact on people's lives across the UK. A standout moment was the annual Thanksgiving event in November 2024, which raised an incredible £140,000 in a single day, including £15,000 during a live auction.



Over two fantastic years, our partnership raised a remarkable £1 million to support Mental Health UK's work. While the formal partnership has now come to an end, our relationship with Bank of America continues to thrive through initiatives like the Into Work mentoring scheme, which connects bank employees with Mental Health UK Into Work clients. So far, 27 clients have been mentored, with 7 moving into meaningful employment and sustaining it for at least six months – a 26% success rate we're incredibly proud of and excited to keep building on.





Liberty Specialty Markets

“2024-25 saw Mental Health UK move into the second year of our scheduled three-year partnership with Liberty Specialty Markets, a year full of widespread fundraising efforts and commitment to driving change both in the workplace and throughout communities across the UK.

LSM staff members continue to raise vital funds for our range of programmes and services via flagship fundraising events such as their annual ‘Curryoke’ event – an evening that sees the team take to the stage to showcase their karaoke skills, hosted in a fabulous Indian restaurant in central London!

Outside of the range of ambitious and incredibly entertaining fundraising efforts of the team, LSM continue to show annual financial support to our Into Work programme, in turn allowing us to continue supporting people living with mental health conditions back into employment”





GLOW

for mental health

GLOW lights the way to better mental health support

Our annual 20km night walk event, GLOW, once again illuminated the night with hundreds of walkers dressed in glow-in-the-dark accessories, all united in a mission to support the UK's mental health.

2024 was the fourth edition of GLOW, and the event continued to grow, with Edinburgh being added as a third location, alongside London and Birmingham. Over 1000 people took part across the three events, raising over £185,000.

2025 is an exciting year for GLOW as we continue to explore how we can make the event more accessible, vibrant and exciting. From new partnerships to more music and activities, we can't wait for the next chapter of our most colourful fundraising event.



Glowing for mental health – Michael's story

Michael was one of our GLOW walkers, taking part in the event for the first time. He shared what walking meant to him.

"By participating, I feel like I'm contributing to raising awareness and providing resources for those in need of support. Mental health often goes underfunded, and this is a small way I can help make a difference.

One thing that really means a lot to me is knowing that the funds will go towards supporting people who may feel isolated or alone. Mental health struggles can be overwhelming, and having access to help can be life-changing. This hits close to home for me, as I've seen loved ones struggle with their mental health, and I wish they had more support at the time. That's why it feels personal for me to contribute to this cause."



Moving for mental health – Megan’s story

Megan took part in our 31 Miles in May challenge. She shared her story of how taking part in the event helped her physically and mentally.

“I was a bit nervous as I was incredibly unfit and just wasn’t sure I’d manage walking 31 miles! However, in February I was diagnosed with type 2 diabetes, which was the push I needed to do something about my health and get moving more. Not only did I manage the 31 miles, I have walked 56.45 miles this month. Been to different places, increased the length and difficulty of the walks I was doing, and got outside in the fresh air. I have loved it. I didn’t think I’d manage it but have learnt that I am far more capable than I believed! It has also done wonders for my mental health, which I have had significant struggles with over many years, but I can honestly say I now feel happier than I think I ever have.”



Looking ahead



In 2025/26, Mental Health UK will continue to deliver inclusive, evidence-based programmes across our core focus areas: Work, Money, Young People, and Women's Mental Health. We remain committed to prevention, early intervention, and ensuring our support reaches those most affected by mental health inequalities.

We will be bolstered by a new strategy and will be scaling what works. Amidst a challenging funding environment, we are focusing on sustainability and deepening impact, especially in communities facing the greatest need.

What to expect from our programmes in the next year:

Work – Into Work and Workplace Mental Health

We will scale Into Work, supporting people with mental health conditions to find and sustain employment in Harrow, Gravesend, and Wrexham, with plans to expand to new regions and strengthen employer partnerships for workplace inclusion.

Our Workplace Mental Health and Training offer is being relaunched with improved systems, blended delivery models, and a focus on post-training support, ESG alignment, and income generation.

Money – Financial Resilience and Me & Money

We will grow our financial wellbeing offer through Mental Health & Money Advice and expand Me & Money to help young people build financial resilience. The programme will target underserved communities and attract investment for wider rollout.

Young People – Early Intervention at Scale

Our youth programmes (Bloom, Your Resilience, Me & Money) will continue reaching thousands of 14-18-year-olds across the UK. In 2025-26, we'll deepen delivery in priority areas, embed co-produced adaptations, and enhance digital accessibility.

Women's Mental Health – A Targeted Approach

We will advance targeted initiatives focused on menopause and life transitions, securing funding for pilot delivery and evaluation shaped by lived experience and partnerships with grassroots and clinical organisations.

Advice and Information – Expanding Reach

The Rethink Advice and Information Service (RAIS) will pilot a triage and appointment system, expand co-production, and test an AI chatbot for 24/7 advice. It will also work more closely with other MHUK programmes to provide wraparound support.

All programmes are refreshing their Theory of Change to sharpen impact measurement, strengthen policy influence, and enhance funder engagement – building a scalable, sustainable, and future-focused portfolio.





Fundraising

As demand for our support grows, we are committed to expanding and diversifying our fundraising portfolio. The launch of the new Mental Health UK strategy offers an excellent opportunity to engage corporate partners, trusts & foundations, and individual supporters with our future vision.

We will focus on building strategic, mission-aligned partnerships and supporting organisations to engage with Mental Health UK through staff involvement, fundraising, workplace initiatives, grants, and training.

Our exciting new partnership with PREM Rugby is an example of this. With the support of one of the most

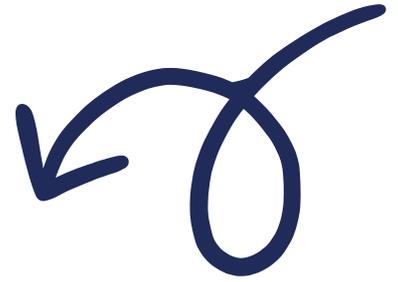
competitive sporting leagues in the world, we will be mobilising the rugby community to promote better mental health and drive support, launching with a campaign entitled 'Bravery Starts Here'. In addition to this, we will be strengthening our ongoing three-year partnership with PwC.

We'll continue growing our supporter community through acquisition campaigns and by delivering exceptional experiences for all donors.

We're also excited to bring back our GLOW events in 2025 – aiming for record participation – and to see our London Landmarks Half Marathon team grow further in 2026.

Get involved

We would not be able to develop our programmes and reach thousands of people across the UK without the generosity of our supporters. If you are interested in funding or supporting our current and future programmes, we would love to hear from you. Contact partnerships@mentalhealth-uk.org to speak to one of our team members.



Thank you



From the team at Mental Health UK, we would like to say thank you for helping us provide mental health support that changes lives. Every fundraiser, volunteer, partner, and member of our community plays a crucial role in helping us tackle the causes of poor mental health and provide support. We wouldn't be able to achieve any of this without you.

Thank you.







Find out more and join our community

Mental Health UK supports people at school, home, and work to build a thriving UK, where good mental health is prioritised. We challenge the systems and situations that hold people back, and equip them with tools and advice to unlock their full potential.

Together, we champion the UK's mental health.

You can hear more inspiring stories, learn more about mental health, and join our cause by heading to our website. mentalhealth-uk.org

Get in touch

mentalhealth-uk.org
020 7840 3008
info@mentalhealth-uk.org

**Mental
Health
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