

Mental  
Health  
UK



# Mental Health UK

(a charitable incorporated organisation)

Trustees' report and financial statements  
for the year ended 31 March 2025

# MENTAL HEALTH UK

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## **MENTAL HEALTH UK**

### **REFERENCE AND ADMINISTRATION DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISORS**

**YEAR ENDED 31 MARCH 2025**

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#### **Trustees**

M Robinson (Appointed 1 April 2024)  
L Paweleck  
M Winstanley  
A H Thomas  
P Jenkins  
A Doherty  
N Ward

#### **Charity registered number**

1170815

#### **Principal office**

28 Albert Embankment  
London  
SE1 7GR

#### **Independent auditor**

MHA  
6<sup>th</sup> Floor  
2 London Wall Place  
London  
EC2Y 5AU

#### **Bankers**

NatWest  
2nd Floor, 39 Queen Square  
Wolverhampton  
WV1 1TL

#### **Solicitors**

Bates Wells  
10 Queen Street Place  
London  
EC4R 1BE

#### **Key Management Personnel**

The key management personnel of the Charity are its Trustees and certain employees of Rethink Mental Illness. A management charge is paid to Rethink Mental Illness for their time. More information on the charges is given in note 15 to the accounts. The employees of Rethink Mental Illness which MHUK considered as its key management personnel in the year were:

Chief Executive Officer: Brian Dow  
Chief Financial Officer: Tanya Srikanandan (resigned 27 February 2025)  
Director of Finance: Richard Trim  
Director of National Programmes: Deidre Bowen  
Director of Fundraising: Caroline Crowther  
Director of Campaigns and Communications: James Harris  
Director of Policy and Practice: Lucy Schonegevel

**Chair's Introduction**

This 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 provide people with the tools to live their best possible lives, at home, school and work.

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.

The Trustees of Mental Health UK ('MHUK' or 'the Charity') present their Trustees' Report and the Consolidated Financial Statements for the Charity for the year ended 31 March 2025 as required under the Charities Act 2011 and the Companies Act 2006.

### **Objectives and Activities**

Mental Health UK delivers on our charitable objectives by raising funds from individuals, corporate partnerships, trusts and foundations. These funds are distributed to our four founding charities across the UK (Rethink Mental Illness in England, Change Mental Health in Scotland, Adferiad in Wales and MindWise in Northern Ireland), to deliver our projects as well as grow their own vital services.

Mental Health UK exists as the charity for everyone's mental health. We challenge the causes of poor mental health and provide people with the tools they need to live their best possible lives at home, school and work.

In a rapidly changing world, Mental Health UK brings 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. Working UK-wide, we deliver both national and local services that enable and empower people to understand and manage their mental health in a person-centred and empathetic way.

Our programmes provide support for some of the biggest societal challenges that pose a threat to people's mental health, including money problems, navigating through the system to get the right support, understanding mental health, loneliness and isolation, and resilience in young people.

With our local service delivery and national expertise in supporting people whose lives are affected by mental health problems, we have been able to mark a significant footprint in the areas that deeply challenge our mental health and stability at home, school and work. Our programmes for 2024/25 included:

- **Mental Health & Money Advice**
- **Bloom**
- **Your Resilience**
- **Me & Money**
- **Into Work**
- **Workplace & Training**
- **Rural Communities**
- **Clic**

Mental Health UK provides strategic oversight of our programmes' implementation by the four founding charities in line with our own processes as well as the funders' needs (where income is restricted). Performance is measured on a quarterly basis via our results-based management framework that establishes Key Performance Indicators to ensure we are delivering against agreed outcomes and outputs and identifying learning to strengthen programme delivery. Wherever possible, our programmes are internally and externally evaluated with findings feeding back into programme design, development and implementation to ensure that we continue to have a positive impact on our clients.

### **Achievements and performance**

An overview of our programmes and our key achievements from 2024/25 are highlighted below:

#### **Our programmes at home**

Our home environment is the foundation of our mental wellbeing, yet many people face daily stressors that undermine their mental health. Economic hardship, housing instability, social isolation and family pressures all impact our mental wellbeing. At MHUK, our programmes aim to respond to

these challenges to our mental health.

### **Mental Health & Money Advice Service**

*Delivered by our partners, funded by grants from MHUK totalling £932,526 (2024: £604,836)*

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.

#### **Impact and reach in 2024/25:**

- Supported 1,341 clients with money-related casework
- 89% reported increased wellbeing
- 93% improved their ability to manage their money
- 669,000 accessed Mental Health & Money Advice online resources
- Financial outcomes: £11m in total: £7.4m debts managed, £909k debts written off, £2.6m income gains

### **Our programmes at school**

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.

### **Bloom**

*Delivered by our partners, funded by grants from MHUK totalling £668,321 (2024: £668,386)*

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.

#### **Impact and reach 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

### **Your Resilience**

*Delivered by our partners, funded by grants from MHUK totalling £198,272 (2024: £179,091)*

Your Resilience is designed to proactively support young people who are at greater risk of experiencing poor mental health, especially those from disadvantaged backgrounds, 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.

#### **Impact and reach 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

### **Me & Money**

*Delivered by our partners, funded by grants from MHUK, included within the allocation for Mental Health & Money Advice*

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.

#### **Impact and reach 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.

### **Our programmes 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.

### **Into Work**

*Delivered by our partners, funded by grants from MHUK totalling £304,704 (2024: £204,585)*

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.

#### **Impact and reach 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

### **Workplace & Training**

*Delivered directly by MHUK*

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.

#### **Impact and reach 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, Mobico Group,

Bank of America, and Omexom.

### Our completed programmes

#### **Rural Communities**

*Delivered by our partners, funded by grants from MHUK totalling £29,545 (2024: £138,464)*

Around 28% of the UK population - approximately 18 million people - live in rural areas, where access to mental health support can be limited. The Rural Communities programme, delivered in partnership with Neptune Energy, set out to raise awareness, build skills, and improve access to support in these communities.

Delivery in England and Wales concluded in 2023/24, followed by Northern Ireland at the end of Q1 and Scotland at the close of 2024/25. The programme's completion marks the end of a successful, time-limited initiative that reached underserved communities and made a lasting impact. Insights and learnings from the programme have been shared publicly on our website to inform future work in rural mental health.

#### **Clic**

*Delivered by our partners, funded by grants from MHUK totalling £57,321 (2024: £49,935)*

With 2.6 million adults across Great Britain reporting that they feel lonely "often" or "always," Clic provided an online space for connection and support. The platform offered a safe, moderated environment for peer-to-peer conversations and access to mental health resources, helping to reduce isolation and promote wellbeing.

Clic supported thousands of people when they needed it most. Following a reduction in demand, Clic closed on 31 March 2025. Its closure reflects a successful delivery against its aims, and we continue to take learnings from our programmes to ensure we are providing people with the best support possible in the evolving landscape of digital mental health.

#### **Feedback from the people we support:**

*"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**

*"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**

*"I learnt so much about how to handle stress. I feel like I can manage tough situations better."* - **Your Resilience/Bloom participant**

*"I have learnt a lot... this workshop has provided me with new knowledge that will help me in the near future, such as using circuit breakers to ease stress and being considerate of others' financial struggles."* - **Me & Money participant**

### Understanding mental health

In addition to our grant-funded programme activity, we also directly provide education to help people better understand their mental health. Last year there were over 1.8 million views of Mental Health UK's website, with almost 300,000 of that number visiting and viewing content on our advice, information and support pages. On our Mental Health and Money Advice webpage, 85% of surveyed users said that they found the information helpful. With over 300,000 followers across our social media channels and 917 mentions in the media, more people have been able to access quality, evidence-based information about mental health.

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.

This year's Burnout Report was shared with a wide audience through extensive media coverage. Media activity to coincide with the launch of the report reached 448m impressions across TV, traditional press and social media. Media highlights included being picked up on the front page of the Times, a write-up from the Telegraph's senior economics reporter, Our CEO, Brian Dow, appearing on Times Radio and Nick Ferrari's Morning LBC show, as well as more coverage on Sky News, The Sun, The Independent, ITV News, Mail, Greatest Hits Radio, People Management and Personnel Today

In addition to the Burnout Report, in May 2024 we launched Menopause, Mental Health, and Me. Developed in collaboration with a Lived Experience Advisory Board, the comprehensive toolkit and accompanying worksheets provide useful advice on managing the symptoms of menopause and practical advice about speaking to others, with a particular focus on the unique relationship between menopause and mental health. After over 16,500 people accessed the free resource as part of a fundraising campaign, Menopause, Mental Health and Me will continue to expand through the creation of more practical advice and resources, driving meaningful change for this important topic.

### **Fundraising Activities**

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, including business development for our charitable activities. Our Fundraising team reached its ambitious target generating total donations of £2.528m and exceeding the net contribution target by £263k.

We had 3,627 people taking part in our Events and Community activities raising a total of £734k compared with a target of £578k. With particular success in the London Landmarks Half Marathon (with a team size of nearly 300 runners raising over £130k) and a team of 60 runners in the Paris Marathon, we hope to be allocated more places in both of these events for 2026.

Our community activities continue to go from strength to strength with unsolicited Facebook fundraising increasing over the year. Our July Facebook community campaign raised £75k, driving our Community activity to exceed budget by £82k for the year, We also benefitted from a fundraising gig by musician Sonny Tennet.

In 2024/25 we hosted our 20km GLOW walk in 3 cities — London, Birmingham and Edinburgh — with over 1,000 people taking part across the 3 events and raising over £178k. The Edinburgh event was run in partnership with Change Mental Health and was a great collaborative effort.

The Individual Giving team continued to focus on growing the portfolio of regular and cash givers, launching our menopause campaign, Menopause, Mental Health and Me this year. We recruited 205 direct debit supporters and a further 14,000 new contacts were added to our supporter pool with email opt-ins.

The Corporate Partnerships team celebrated the conclusion of a two-year partnership with Bank of America, raising over £1.1m, including £140,000 from their annual Thanksgiving Day alone. The balance of these funds will continue to support Into Work into 2025/26. 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 £150k. PwC will also provide skilled volunteering support, collaborating on

projects where they can support Mental Health UK's strategy and purpose.

Our fundraising activities are delivered to the highest ethical standards. As a member of the Fundraising Regulator, we proudly follow the standards in the Code of Fundraising Practice. We worked with one professional fundraising agency (Return Fundraising) who managed the telephone element of our menopause appeal. Our fundraising team undertake and observe training of the professional fundraisers to ensure they meet our high standards and regularly monitor phone calls.

We had eight commercial participators in 2024/25 including Nationwide, Gas Distribution Networks, Dune, Class Bento, ThankBox, Cult Beauty, Red Run and Kalms. They all have a contracted relationship with MHUK and are managed by an account manager who meets regularly with their partners to monitor income and to ensure the partnership is compliant with the contract.

**We would like to thank the following notable donors:**

- Bank of America
- Skipton Building Society
- Ordnance Survey
- Liberty Specialty Markets
- Dune

**Complaints**

Our processes, supported by our Supporter Promise, ensure we respect people's rights and protect those in vulnerable circumstances. In 2024/25, we received one formal complaint about our fundraising activities, and we took speedy positive remedial action in regard to this complaint. We ensure that all complaints are monitored by our Supporter Care Team and reviewed to ensure best practice is upheld and fundraising activities are optimised.

**Financial Review**

Total income for the year increased to £3.032m in 2024/25 (2024: £2.877m). Thanks to the generosity of our donors, we grew our income from donations to £2.528m (2024: £2.421m), the majority of which was unrestricted. This growth came in addition to £283k of newly generated commercial income to grow our Mental Health & Money Advice service. Our financial strategy is to continue to grow our unrestricted supporter base to sustain our successful core programmes, while also building new partnerships to develop and deliver new programmes in our core thematic areas, as outlined in Future Plans below.

Our expenditure during this period, £4.898m (2024: £4.934m), is primarily made up of grant making activity, with distributions made to our four founding charity members in accordance with either the restrictions placed on the income received by Mental Health UK or in the case of unrestricted income in accordance with the grant framework agreement. Grants awarded during this period supported the activity outlined above.

Overall, we ran a planned deficit of £1.866m, to sustain a broad range of activity, supported by our restricted reserves of £3.702m carried forward into the year, including £3.155m from our partnership with Lloyds Banking Group.

A summary of the breakdown of our expenditure is included in notes 5-7 of the accounts.

### **Subsidiary company information**

Mental Health UK Services Limited operates as the trading subsidiary of Mental Health UK, providing commercial, consultancy and training services to improve mental health in the workplace. The objective is to generate contribution to support the activities of the Charity. The Subsidiary generated a small surplus in the year which has been distributed to the Charity. We have since restructured our consultancy and training activity and it is our intention to grow this activity further and we expect a surplus in 2025/26.

The financial statements of the Subsidiary have been consolidated into the financial statements of the Group.

### **Grant-making policy between Mental Health UK and the founding charities**

As noted above, many of Mental Health UK's core programme objectives are met by activity delivered by our four founding charity partners, funded by grants from MHUK. Our Trustees determine the core strategic priorities for grant-making activity. Each founding charity, acting as the grant recipient, will submit a detailed programme proposal to MHUK for review. Once the proposal is approved, a Memorandum of Understanding (MoU) is established and signed by both parties, outlining the terms of the grant, including the total budget allocated for the programme.

Following the signing of the MoU, the Charity is required to submit quarterly financial returns based on the activities carried out during the reporting period. These financial returns ensure accountability and transparency regarding the use of grant funds.

Programme activities are closely monitored by MHUK through a combination of methods, including monthly KPI reporting and regular monthly meetings to ensure progress is on track.

### **Key Risks and Uncertainties**

In relation to the overall financial control procedures, the Charity has in place a plan supplemented by an annual budget approved by the Board of Trustees. Monthly actual results are reported against budget and projections to year end are reviewed by senior management (employees of Rethink Mental Illness supporting Mental Health UK under a management agreement), and the Board of Trustees at appropriate points in their meeting cycle. The Charity's day-to-day financial processes are undertaken by Rethink Mental Illness staff, using procedures approved by the Rethink Board. Assurance around compliance with the financial regulations is overseen by the leadership team.

Risks are assessed by the Management Team and escalated to the Board accordingly. Trustees are provided with assurance that the major risks which are identified have been reviewed and evaluated on a programmatic basis, taking account of internal controls, systems and other actions pursued to mitigate them. In this way, the Board is satisfied that the risk management strategy is appropriate to the Charity and they have gained assurance regarding the effectiveness of the risk management processes adopted.

The key strategic risks currently facing Mental Health UK are:

- The ability to continue to generate sufficient income to continue to develop our programmes of work beyond the terms of our existing corporate partnership agreements. As previously indicated, we have a clear strategy in place to secure the long-term sustainability of Mental Health and Money Advice beyond the length of the Lloyds Banking Group partnership to ensure that we manage this risk appropriately.

- The long-term change in corporate fundraising. Whilst mental health continues to be a highly relevant cause for big corporations, the way in which businesses are entering partnerships with charities is changing. We are tracking this trend closely and are developing new multifaceted ways of working with big businesses.

### **Reserves policy**

Mental Health UK recognises the importance of maintaining a reserves policy to provide a prudent level of cover to meet future obligations and guard against unforeseen contingencies on a going concern basis. The reserves of the Charity at the year-end are:

	<b>£'000</b>
Unrestricted reserves – General Funds	671
Restricted Funds	2,195
Total Funds	<hr/> 2,866

Our reserves policy focuses on the level of our “free” reserves. Free reserves are defined as net assets excluding restricted funds and designated funds.

Our unrestricted reserves at 31 March 2025 were £671,000 all of which represent free reserves against a minimum policy level of £135,000. Our minimum level is calculated to ensure MHUK can meet its obligations for support costs to Rethink Mental Illness in the worst-case scenario that income falls to the extent the operating model is no longer viable. The target is sufficient to cover any residual liabilities and redundancies within the support services provided by Rethink Mental Illness in the event of winding up. As free reserves are materially above the minimum we plan to use the funds to support a consistent level of activity while we further grow our income.

The Board will keep its reserves approach under regular review to ensure that an appropriate balance is maintained between developing reserves to provide sufficient funds to meet its forward obligation, to provide a reserve against unforeseen events and to provide adequate resources to fund new initiatives in order to promote the charitable objects of Mental Health UK. Further details of reserves held at 31 March 2025 are shown in note 11 to the financial statements.

### **Going Concern**

The Trustees have a reasonable expectation that the Charity has adequate resources to continue its activities for the foreseeable future. A significant level of restricted reserves is being held which will support our core grant streams over the next two years.

The most significant area of risk to the Charity's going concern is achievement of fundraising and partnership targets. However, as these are being monitored through the monthly management accounts process, this risk is not considered to represent a material uncertainty over the Charity's going concern. Cashflow projections and forecasts have been prepared covering at least 12 months from the signing of these accounts which support the continued operations of the Charity. Accordingly, Trustees continue to adopt the going concern basis in preparing the financial statements as outlined in the Statement of Trustees responsibilities.

## **Plans for the Future**

### **Programmes**

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 are actively aligning all programme areas with our future strategy, with a particular focus on scaling what works. This includes refreshing outcomes frameworks, strengthening co-production and using our new Programme Development Pipeline to guide investment decisions and collaborate more closely with fundraising.

Amidst a challenging funding environment, we are focusing on sustainability and deepening impact, especially in communities facing the greatest need.

### **Home: Women's Mental Health – A targeted approach**

We will continue developing targeted women's mental health initiatives, with a focus on menopause and life transitions. Our next steps include securing funding for pilot delivery and evaluation of a menopause programme, shaped by lived experience and partnerships with grassroots and clinical organisations.

### **Home: Advice and Information – expanding reach**

The Rethink Advice and Information Service (RAIS) will remain a vital support for navigating mental health systems. In 2025/26, it will pilot a triage and appointment system, expand co-production and test an AI chatbot for 24/7 advice access. RAIS will also work more closely with other Mental Health UK programmes to deliver wraparound support.

### **Home / Young People: Financial resilience and Me & Money**

We will enhance our financial wellbeing offer through Mental Health & Money Advice and expand our Me & Money programme, which supports young people to build financial resilience. Me & Money will target underserved communities and build on successful pilots to attract scaled investment.

### **Young People: Early intervention at scale**

Our youth programmes (Bloom, Your Resilience, Me & Money) will continue to reach thousands of 14–18-year-olds across all four nations. In 2025/26, we will deepen delivery in priority areas (e.g. London, West Midlands, Kent), embed co-produced adaptations and focus on long-term impact and digital accessibility.

### **Work: Into Work and Workplace Mental Health**

We will scale our Into Work programme, which helps people with mental health conditions find and sustain employment in Harrow, Gravesend, and Wrexham. Following strong evaluation outcomes, we are exploring expansion into new regions and building employer partnerships to enhance workplace inclusion.

Our Workplace Mental Health and Training programme is undergoing a strategic relaunch. Over the next year, we will refresh our offer, improve systems, and pilot new blended models, with a focus on post-training support, ESG alignment and income generation.

All programmes are undergoing a Theory of Change refresh, helping us sharpen impact measurement, policy influence and funder engagement. With these changes, we are building a

future-focused, scalable and sustainable programme portfolio.

### **Fundraising**

With the numbers of people needing our support increasing, we are committed to growing and diversifying our fundraising portfolio in order to meet this demand. The launch of the new MHUK strategy provides the Fundraising Team with a great opportunity to engage Corporate Partners, Trusts and Foundations and Individuals with our vision and plans for the future. We will remain focused on our efforts to build strategic partnerships that align with our mission. We will continue to support organisations to engage on multiple levels with MHUK – including staff involvement, fundraising, workplace and training and much more.

We are particularly excited to be launching our new partnership with Premiership Rugby in 2025 as well as continuing to work closely with PwC on our three-year Charity of the Year partnership which we expect to go from strength to strength.

We will also continue to grow our community of supporters through our acquisition campaigns as well as focusing heavily on providing our supporters and donors with the best possible experience while supporting MHUK.

We are incredibly excited to be hosting GLOW events in London, Birmingham and Edinburgh again in 2025 with the aim to significantly grow participant numbers in all three events. We are also looking forward to seeing our team in London Landmarks Half marathon grow again in 2026.

### **Name and nature of the Charity**

Mental Health UK is a Charitable Incorporated Organisation registered with the Charity Commission of England and Wales since 19 December 2016, Registered Charity no: 1170815. Its governing document is its constitution.

The term “Charity” refers to Mental Health UK and the term “Group” refers to Mental Health UK together with its Subsidiary as set out in note 19.

We are the charity for everyone’s mental health. We challenge the causes of poor mental health and give people the tools they need to live their best possible lives at home, school, and work.

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**Structure, Governance and Management**

The Trustees of Mental Health UK are the Charity's Trustees under Charity Law and the Directors of the Charitable Incorporated Organisation. They are responsible for providing leadership, setting strategy and ensuring control. The Chief Executive Officers of our four founding charities are chosen to represent their charity on the Board and three independent Trustees are separately appointed, including the Chair of the Board. Qualifying third party indemnity insurance was in place for the Trustees during the year.

Trustee induction and training is individually tailored according to the background and experience of individuals, most of whom come with experience of working in mental health. Training needs are discussed at appointment and in face to face meetings with the CEO, the Chair, fellow Trustees and Directors. Previous board meetings minutes are provided for context, along with other relevant documents, including strategy documents. Other elements may include attending external training for new Trustees and visits to services around the UK. As Trustee turnover is low and previous experience varies, induction and training is arranged following discussion on what each Trustee requires in order to be an effective Trustee of MHUK.

Day-to-day operations of the organisation are managed by the Chief Executive Officer, Brian Dow, on authority delegated by the Board. The Chief Executive Officer has clearly defined areas of responsibility and accountability.

Mental Health UK has 69 dedicated individuals who form the core management and support team, and are employees of our English founding charity, Rethink Mental Illness. This team draws on the wider resources, knowledge and skills of the 1,000 plus staff within our four founding charities to support activities where required. This model has not only proven cost-efficient and effective but has also enabled Mental Health UK to deliver at pace. Market rates of pay for these individuals are set by Rethink Mental Illness with charges levied to Mental Health UK for their time approved by the Trustees through the annual planning process.

We also received valuable support from volunteers employed by several of our corporate partners, such as Bank of America. Volunteers have worked to support MHUK by contributing to both programme development and delivery, making a difference to the people we exist to support. We would like to thank all volunteers and partners for their commitment.

The Board of Trustees is committed to developing and maintaining high standards of governance throughout the Charity. Our mission "we won't stop until everyone has the tools they need to live their best possible life" lies at the heart of all our work and feeds into the overall strategy, which is set by the Board of Trustees. The latest strategy was adopted at the Board meeting in April 2021 and the strategic objectives have been updated, which have guided work of the Charity for over 5 years.

We have policies and procedures in place that underpin the requirement to act with integrity and in the best interests of the Charity and its charitable purposes.

The Trustees have had due regards to the guidance issued by the Charity Commission on public benefit. They have considered the requirements of the public benefit text and are satisfied that the Charity's activities meet these criteria.

Approved by order of the members of the board of Trustees and signed on their behalf by:



**P Jenkins**  
Chair of the  
Trustees  
Date: 14/10/2025

**STATEMENT OF TRUSTEES' RESPONSIBILITIES FOR THE YEAR ENDED 31 MARCH 2025**

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The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Group and the Charity and of their incoming resources and application of resources, including their income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Group will continue in business.

The Trustees are responsible for keeping proper accounting records that are sufficient to show and explain the Group and the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Group and the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Group and the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:



**P Jenkins**  
Chair of the Trustees  
Date: 14/10/2025

## **Opinion**

We have audited the financial statements of Mental Health UK (the 'parent charitable company') and its subsidiary (the 'group') for the year ended 31 March 2025 which comprise the Consolidated Statement of Financial Activities, Consolidated Group and Charity Balance Sheets, Consolidated Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the group's and parent charitable company's affairs as at 31 March 2025, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

## **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the group and parent charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

## **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate. Our evaluation of the trustees' assessment of the entity's ability to continue to adopt the going concern basis of accounting included critical reviews of budgets and forecasts provided.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

## **Other information**

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information

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contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

#### **Opinions on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the directors' reports) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report (incorporating the directors' reports) has been prepared in accordance with applicable legal requirements.

In the light of the knowledge and understanding of the group and parent charitable company and their environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report (incorporating the directors' report).

#### **Matters on which we are required to report by exception**

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report (incorporating the directors' report) and from the requirement to prepare a strategic report.

**Responsibilities of Trustees**

As explained more fully in the trustees' responsibilities statement included in the trustees' annual report, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the group's and parent charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent charitable company or to cease operations, or have no realistic alternative but to do so.

**Auditor responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- Obtaining an understanding of the legal and regulatory frameworks that the entity operates in, focusing on those laws and regulations that had a direct effect on the financial statements;
- Enquiry of management to identify any instances of known or suspected instances of fraud;
- Enquiry of management and those charged with governance around actual and potential litigation and claims;
- Enquiry of management about any instances of non-compliance with laws and regulations;
- Reviewing the design and implementation of control systems in place;
- Testing the operational effectiveness of the controls;
- Performing audit work over the risk of management override of controls, including testing of journal entries and other adjustments for appropriateness;
- Evaluating the business rationale of significant transactions outside the normal course of business;
- Reviewing accounting estimates for bias;
- Reviewing minutes of meetings of those charged with governance;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the

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events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the financial statements is located on the FRC's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities) . This description forms part of our auditor's report.

**Use of this report**

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



**Stuart McKay BSc FCA DChA** (Senior Statutory Auditor)

For and behalf of MHA MacIntyre Hudson  
Chartered Accountants and Statutory Auditors  
6<sup>th</sup> Floor, 2 London Wall Place  
London, EC2Y 5AU

Date: 24/11/2025

MHA is the trading name of MHA Audit Services LLP, a limited liability partnership in England and Wales (registered number OC455542).

MENTAL HEALTH UK

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31 MARCH 2025

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
<b>Income from:</b>					
Donations and legacies	3	1,488,788	1,039,623	2,528,411	2,421,274
Charitable activities	4	431,893	-	431,893	400,617
Interest Receivable		71,933	-	71,933	54,997
<b>Total income</b>		<b>1,992,614</b>	<b>1,039,623</b>	<b>3,032,237</b>	<b>2,876,888</b>
<b>Expenditure on:</b>					
Raising funds	5	1,074,321	4,205	1,078,526	1,218,024
Charitable activities	5	1,278,021	2,541,641	3,819,662	3,715,584
<b>Total expenditure</b>		<b>2,352,342</b>	<b>2,545,846</b>	<b>4,898,188</b>	<b>4,933,608</b>
Corporation tax payable		-	-	-	5,958
<b>Net movement in funds</b>		<b>(359,728)</b>	<b>(1,506,223)</b>	<b>(1,865,951)</b>	<b>(2,062,678)</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		1,030,314	3,701,657	4,731,971	6,794,649
Net movement in funds		(359,728)	(1,506,223)	(1,865,951)	(2,062,678)
<b>Total funds carried forward</b>		<b>670,586</b>	<b>2,195,434</b>	<b>2,866,020</b>	<b>4,731,971</b>

**MENTAL HEALTH UK**

**CONSOLIDATED GROUP AND CHARITY BALANCE SHEETS**

**AS AT 31 MARCH 2025**

		Group		Charity	
	Note	2025 £	2024 £	2025 £	2024 £
<b>Investment in Subsidiary</b>	14	-	-	2	2
<b>Current assets:</b>					
Debtors	9	1,123,615	183,204	1,131,303	938,927
Cash at bank and in hand		4,245,725	5,932,595	4,125,778	5,106,638
		<u>5,369,340</u>	<u>6,115,799</u>	<u>5,257,081</u>	<u>6,045,565</u>
<b>Creditors: Amounts falling due within one year</b>	10	(2,503,320)	(1,383,828)	(2,391,061)	(1,338,994)
<b>Net current assets</b>		<u>2,866,020</u>	<u>4,731,971</u>	<u>2,866,020</u>	<u>4,706,571</u>
<b>Total assets less current liabilities</b>		<u>2,866,020</u>	<u>4,731,971</u>	<u>2,866,022</u>	<u>4,706,573</u>
<b>Total net assets</b>		<u>2,866,020</u>	<u>4,731,971</u>	<u>2,866,022</u>	<u>4,706,573</u>
<b>Charity Funds:</b>					
Unrestricted	11	670,586	405,131	670,588	379,733
Designated	11	-	625,183	-	625,183
Restricted	11	2,195,434	3,701,657	2,195,434	3,701,657
<b>Total funds</b>		<u>2,866,020</u>	<u>4,731,971</u>	<u>2,866,022</u>	<u>4,706,573</u>

The Charity's net movement in funds for the year was a deficit of £1,865,951 (2024: £2,056,720).

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



P Jenkins

Chair of the Trustees

Date: 14/10/2025

The notes on pages 22 to 34 form part of these financial statements.

**MENTAL HEALTH UK**

**CONSOLIDATED STATEMENT OF CASH FLOWS**

**YEAR ENDED 31 MARCH 2025**

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	<b>Note</b>	<b>2025 £</b>	<b>2024 £</b>
<b>Cash flows from operating activities</b>			
Net cash used in operating activities	12	(1,758,803)	(998,380)
<b>Cashflows from investment activities</b>			
Interest receivable		71,933	54,997
<b>Change in cash and cash equivalents in the year</b>		<u>(1,686,870)</u>	<u>(943,383)</u>
Cash and cash equivalents at the beginning of the year		5,932,595	6,875,978
<b>Cash and cash equivalents at the end of the year</b>		<u>4,245,725</u>	<u>5,932,595</u>

As the Charity held no net debt in either the current or prior years, an analysis of changes in net debt table has not been disclosed.

The notes on pages 22 to 34 form part of these financial statements.

**1. General information**

The Charity was set up on 19 December 2016 as a Charitable Incorporated Organisation (CIO), registered in England and Wales, and treated as a public benefit entity.

Its registered office and principal place of business is 28 Albert Embankment, London SE1 7GR.

**2. Accounting policies**

**2.1 Basis of preparation of financial statements**

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Mental Health UK meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The Consolidated statement of financial activities (SOFA) and Consolidated balance sheet consolidate the financial statements of the Charity and its subsidiary undertaking, Mental Health UK Services Limited. The results of the Subsidiary are consolidated on a line by line basis.

**2.2 Going concern**

The budget for 2025/26 projects a net deficit of £1.8m as the Charity invests in Fundraising growth and maintains activity funded by brought forward restricted funds. The financial strategy is to grow and diversify unrestricted fundraising and increase our corporate partnership activity and we remain confident of our long-term financial sustainability in the context of growing awareness of the importance of promoting mental wellbeing, expecting to return to breakeven or surplus in 2027/28.

The Trustees have stress-tested the monthly cash flow using a worst-case scenario with significant shortfalls of income over a two-year period, offset by feasible reductions in expenditure. In this scenario we maintain both liquidity and net assets.

With the strong financial position and ability to reduce grant awards in the event of income shortfalls, the Trustees conclude that the preparation of the annual accounts to 31 March 2025 on the going concern basis is appropriate. The Trustees have not identified any material uncertainties in reaching this conclusion.

### 2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income from contracts for service delivery is matched to the period of delivery, where minimum performance targets have been met.

Grants are included in the Consolidated statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

### 2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Group's objectives, as well as any associated support costs.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

All expenditure is inclusive of irrecoverable VAT.

### 2.5 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

### 2.6 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

### 2.7 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

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Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Consolidated statement of financial activities as a finance cost.

## **2.8 Financial instruments**

The Group only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

## **2.9 Fund accounting**

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Group and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Group for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

## **2.10 Critical accounting estimates and areas of judgment**

In the application of the accounting policies, Governors are required to make judgement, estimates, and assumptions about the carrying value of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

No significant judgements or estimates have been made in the preparation of these financial statements.

## **2.11 Investment in subsidiary**

The Charity holds an investment in the share capital of its trading subsidiary, Mental Health UK Services Limited, of £2. This is recognised in the Charity's Balance Sheet.

**MENTAL HEALTH UK****NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2025****3. Income from donations**

	<b>Unrestricted funds 2025 £</b>	<b>Restricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<b>Unrestricted funds 2024 £</b>	<b>Restricted funds 2024 £</b>	<b>Total funds 2024 £</b>
Donations	1,419,023	1,039,623	2,458,646	1,541,664	801,749	2,343,413
Legacies	66,615	-	66,615	-	-	-
Grants	3,150	-	3,150	-	77,861	77,861
	<u>1,488,788</u>	<u>1,039,623</u>	<u>2,528,411</u>	<u>1,541,664</u>	<u>879,610</u>	<u>2,421,274</u>

**4. Income from charitable activities**

	<b>2025 £</b>	<b>2024 £</b>
Mental Health & Money Advice	282,707	-
Workplace Mental Health & Training	137,072	375,801
Clic	-	20,266
Licensing	12,114	4,550
	<u>431,893</u>	<u>400,617</u>

Income from charitable activities was entirely unrestricted in both years. Income from Licensing relates to use of the Charity's brand by our corporate fundraising partners.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

5. Analysis of expenditure

	<b>Direct costs 2025 £</b>	<b>Support costs 2025 £</b>	<b>Total funds 2025 £</b>	<b>Direct costs 2024 £</b>	<b>Support costs 2024 £</b>	<b>Total funds 2024 £</b>
<b>Raising funds</b>						
Fundraising	982,019	96,507	1,078,526	891,491	326,533	1,218,024
<b>Charitable activity</b>						
MHMA	932,526	270,650	1,203,176	604,836	252,530	857,366
Bloom	668,321	223,508	891,829	668,386	279,064	947,450
Your Resilience	198,272	55,931	254,203	179,091	74,774	253,865
Into Work	304,704	99,078	403,782	204,585	85,418	290,003
Rural Communities	29,545	8,000	37,545	138,464	57,811	196,275
Clic	57,321	22,373	79,694	49,935	20,849	70,784
Helping Communities Prosper	35,267	10,826	46,093	221,282	92,389	313,671
Navigators	-	-	-	77,861	32,508	110,369
Unrestricted grant	300,000	-	300,000	300,000	-	300,000
<b>Total Grant-making Activity</b>	<b>2,525,956</b>	<b>690,367</b>	<b>3,216,323</b>	<b>2,444,440</b>	<b>895,343</b>	<b>3,339,783</b>
Workplace Mental Health & Training	116,396	-	116,396	375,801	-	375,801
Understanding Mental Health	414,563	72,380	486,943	-	-	-
<b>Total Direct Activity</b>	<b>530,959</b>	<b>72,380</b>	<b>603,339</b>	<b>375,801</b>	<b>-</b>	<b>375,801</b>
<b>Total Charitable Activity</b>	<b>3,056,915</b>	<b>762,747</b>	<b>3,819,662</b>	<b>2,820,241</b>	<b>1,221,876</b>	<b>3,715,584</b>
<b>Total expenditure</b>	<b>4,038,934</b>	<b>859,254</b>	<b>4,898,188</b>	<b>3,711,732</b>	<b>1,221,876</b>	<b>4,933,608</b>

The Helping Communities Prosper programme largely ended in 2023/24 with expenditure for 2024/25 relating to an extension of activity in Wales led by Adferiad.

Me and Money activity was funded through grants for Mental Health & Money Advice in 2024/25.

During the year the Trustees agreed an unrestricted grant distribution to partners totalling £300,000 (2024: £300,000) to support the Charity's broader mental health objectives.

**6. Analysis of grants made to delivery partners**

By receiving partner organisation:

	<b>Unrestricted funds 2025 £</b>	<b>Restricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<b>Unrestricted funds 2024 £</b>	<b>Restricted funds 2024 £</b>	<b>Total funds 2024 £</b>
Rethink Mental Illness	359,689	950,431	1,310,120	532,540	824,200	1,356,740
Change Mental Health	105,662	333,843	439,505	142,139	215,029	357,168
Adferiad	117,563	313,908	431,471	173,147	252,488	425,635
MindWise	61,394	283,466	344,860	106,945	197,952	304,897
	<b>644,308</b>	<b>1,881,648</b>	<b>2,525,956</b>	<b>954,771</b>	<b>1,489,669</b>	<b>2,444,440</b>

By activity:

	<b>Unrestricted funds 2025 £</b>	<b>Restricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<b>Unrestricted funds 2024 £</b>	<b>Restricted funds 2024 £</b>	<b>Total funds 2024 £</b>
Bloom	1,024	667,297	668,321	-	668,386	668,386
Navigators	-	-	-	-	77,861	77,861
Rural Communities	3,004	26,541	29,545	-	138,464	138,464
Your Resilience	304	197,968	198,272	-	179,091	179,091
Helping Communities Prosper	54	35,213	35,267	-	221,282	221,282
Into Work	467	304,237	304,704	-	204,585	204,585
Clic	57,321	-	57,321	49,935	-	49,935
Mental Health & Money Advice	282,134	650,392	932,526	604,836	-	604,836
Distribution of Funds to Partners	300,000	-	300,000	300,000	-	300,000
	<b>644,308</b>	<b>1,881,648</b>	<b>2,525,956</b>	<b>954,771</b>	<b>1,489,669</b>	<b>2,444,440</b>

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

**7. Analysis of support costs**

	<b>Unrestricted funds 2025 £</b>	<b>Restricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<b>Total Funds 2024 £</b>
Finance, HR & IT	62,486	206,967	269,453	470,072
Communication	-	-	-	288,335
Management and administration	124,519	412,431	536,950	404,288
Governance	12,257	40,594	52,851	59,181
	<u>199,262</u>	<u>659,992</u>	<u>859,254</u>	<u>1,221,876</u>

Support costs were entirely allocated to activity funded by unrestricted funds in 2023/24.

As our Communications expenditure underpins the Charity's expanded UK-wide policy and campaigning activity, this cost is now reflected in Charitable Activities.

Note A Governance costs

	<b>2025 £</b>	<b>2024 £</b>
Insurance	10,536	10,666
Professional services	28,193	19,761
External audit fees	13,200	11,950
Other governance costs	922	16,804
	<u>52,851</u>	<u>59,181</u>

Note B Net income/(expenditure) for the year is stated after charging:

	<b>2025 £</b>	<b>2024 £</b>
External auditors' fees for audit of the financial statements	13,200	11,950
External auditors' fees for Corporation	1,050	1,000
Tax services	<u>          </u>	<u>          </u>

**8. Trustees' remuneration and expenses**

During the year, no Trustees received any remuneration or other benefits (2024 - Nil).

During the year ended 31 March 2025, £251 (2024 – Nil) of travel expenses were incurred in relation to one trustee (2024 - Nil).

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

9. Debtors

	Group 2025	Group 2024	Charity 2025	Charity 2024
	£	£	£	£
<b>Due within one year:</b>				
Trade debtors	153,468	70,955	147,526	17,748
Amounts owed by members	842,582	-	842,582	-
Amounts owed by subsidiaries	-	-	13,630	813,070
Prepayments and accrued income	127,565	112,249	127,565	108,109
	<u>1,123,615</u>	<u>183,204</u>	<u>1,131,303</u>	<u>938,927</u>

The amounts owed by members, £842,582 (2024: nil), relates to a Connected Charity Balance Agreement with Rethink Mental Illness, repayable in full by 30 September 2025. No interest is payable on the agreement.

10. Creditors: Amounts falling due within one year

	Group 2025	Group 2024	Charity 2025	Charity 2024
	£	£	£	£
Trade creditors	5,955	6,949	5,955	6,949
Grants payable to members	839,111	865,925	839,111	865,925
Management charge payable to RMI	1,519,211	444,379	1,519,211	409,416
Other taxation and social security	37,259	3,913	-	-
Corporation Tax payable	-	5,958	-	-
Accruals and deferred income	101,784	56,704	26,784	56,704
	<u>2,503,320</u>	<u>1,383,828</u>	<u>2,391,061</u>	<u>1,338,994</u>

Deferred Income

	Group 2025	Group 2024	Charity 2025	Charity 2024
	£	£	£	£
Balance at beginning of year	45,442	354,467	45,442	155,047
Amount released to incoming resources	(45,442)	(324,897)	(45,442)	(125,477)
Amount deferred in year	75,000	15,872	-	15,872
	<u>75,000</u>	<u>45,442</u>	<u>-</u>	<u>45,442</u>

The deferred income balance relates to income received in advance for Mental Health & Money Advice services.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

11. Statement of funds

	Balance at 1 April 2024 £	Income £	Expenditure £	Transfer between Funds £	Balance at 31 March 2025 £
<b>Unrestricted funds</b>	405,131	1,992,614	(2,244,085)	516,926	670,586
<b>Designated funds:</b>					
Clic	11,644	-	(11,644)	-	-
Mental Health & Money Advice	330,306	-	-	(330,306)	-
Fundraising	283,233	-	(96,613)	(186,620)	-
	625,183	-	(108,257)	(516,926)	-
<b>Total Unrestricted funds</b>	1,030,314	1,992,614	(2,352,342)	-	670,586
<b>Restricted funds:</b>					
Lloyds Banking Group	3,155,272	69,995	(1,557,029)	-	1,668,238
Skipton	-	600,250	(300,250)	-	300,000
Allan & Gill Gray	202,072	-	(200,513)	-	1,559
Neptune	226,541	-	(26,541)	-	200,000
Bank of America	117,772	197,569	(289,704)	-	25,637
Other restricted	-	171,809	(171,809)	-	-
<b>Total Restricted funds</b>	3,701,657	1,039,623	(2,545,846)	-	2,195,434
<b>Total of funds</b>	4,731,971	3,032,237	(4,898,188)	-	2,866,020

Represented by:

	Unrestricted funds £	Restricted funds £	Total funds £
Current assets	3,173,906	2,195,434	5,369,340
Creditors due within one year	(2,046,421)	(456,899)	(2,503,320)
	1,127,485	1,738,535	2,866,020

**Unrestricted Funds**

Unrestricted Funds or free reserves are held to ensure sufficient cover for future obligations, assure the Charity's going concern status and enable the Charity to sustain programme activity through variations in fundraised income.

**Designated Funds**

During the year, the Trustees agreed to close the designated funds that had been held for Clic, Mental Health & Money Advice and Fundraising investment and transfer remaining balances to unrestricted funds. Clic activity ended in 2024/25, while the Charity continues to commit to Mental Health & Money Advice and investment in Fundraising growth through unrestricted funds.

**Restricted Funds**

**Lloyds Banking Group**

The Lloyds Banking Group restricted funds relate to a partnership that ended in 2023. Lloyds have agreed that the remaining balance will support our core programmes in 2025/26, Mental Health & Money Advice, Young People's Programmes and Into Work.

**Skipton**

Our partnership with Skipton will support additional service for Mental Health & Money Advice through 2025/26.

**Allan & Gill Gray**

This long-standing partnership enables us to deliver resilience workshops to young people in CAMHS and sports talent pathways. The modest remaining balance will support continuity of Your Resilience in 2025/26.

**Neptune**

Expenditure in the year supported by Neptune related to our Rural Communities programme which has now completed. The funds carried forward relate to a further grant to support our Into Work programme in 2025/26.

**Bank of America**

Funding to provide a holistic employment service providing wraparound support to help people back into employment. Our partnership has reached an end, with Bank of America agreeing that the balance held will support Into Work during 2025/26.

MENTAL HEALTH UK

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

11a. Statement of funds 2024

	Balance at 1 April 2023 £	Income £	Expenditure £	Balance at 31 March 2024 £
<b>Unrestricted funds</b>	1,377,678	1,590,651	(2,563,198)	405,131
<b>Designated funds:</b>				
Clic	47,697	20,266	(56,319)	11,644
Mental Health & Money Advice	573,659	386,361	(629,714)	330,306
Fundraising	436,231	-	(152,998)	283,233
	1,057,587	406,627	(839,031)	625,183
<b>Total Unrestricted funds</b>	2,435,265	1,997,278	(3,402,229)	1,030,314
<b>Restricted funds:</b>				
Lloyds Banking Group	3,751,922	312,610	(909,260)	3,155,272
Johnson & Johnson	-	77,861	(77,861)	-
Allan & Gill Gray	382,873	-	(180,801)	202,072
Neptune	165,005	200,000	(138,464)	226,541
Bank of America	59,584	289,139	(230,951)	117,772
<b>Total Restricted funds</b>	4,359,384	879,610	(1,537,337)	3,701,657
<b>Total of funds</b>	6,794,649	2,876,888	(4,939,566)	4,731,971

Represented by:

	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £
Current assets	1,788,959	625,183	3,701,657	6,115,799
Creditors due within one year	(959,322)	-	(424,506)	(1,383,828)
	829,637	625,183	3,277,151	4,731,971

12. Reconciliation of net movement in funds to net cash flow from operating activities

	Group 2025 £	Group 2024 £
Net income for the year (as per Statement of Financial Activities)	(1,865,951)	(2,062,678)
<b>Adjustments for:</b>		
Decrease/(Increase) in debtors	(940,411)	1,108,459
Increase/(Decrease) in creditors	1,119,492	10,836
Interest receivable	(71,933)	(54,997)
<b>Net cash provided by operating activities</b>	<b>(1,758,803)</b>	<b>(998,380)</b>

**13. Related party transactions**

Rethink Mental Illness in England, Adferiad in Wales, MindWise in Northern Ireland and Change Mental Health in Scotland are all members of Mental Health UK. Mental Health UK is not controlled by any one of these entities.

During the year Mental Health UK awarded grants to members totalling £2,525,956 (2024: £2,444,440) as shown in note 6 above. Of this total, £839,111 (2024: £865,925) was outstanding at the balance sheet date.

Direct staff and related support are provided by Rethink Mental Illness. The total amount payable to Rethink Mental Illness for these charges, and excluding grants payable for the year, was £1,519,211 (2024: £1,198,339). The balance outstanding due to Rethink Mental Illness at the balance sheet date was £1,519,211 (2024: £444,379).

**14. Principal subsidiaries**

The following was a subsidiary undertaking of the Charity:

<b>Name</b>	<b>Company Number</b>	<b>Registered office or principal place of business</b>	<b>Principal activity</b>
Mental Health UK Services Limited	10201914	The Dumont, 28 Albert Embankment, London, SE1 7GR	The provision of education, training and consultancy services in respect of mental health
<b>Class of shares</b>	<b>Holding</b>	<b>Included in consolidation</b>	<b>Value of share capital</b>
Ordinary	100%	Yes	£2 (2024: £2)

The financial results of the Subsidiary for the year were:

	<b>Income</b>	<b>Expenditure</b>	<b>Surplus</b>	<b>Net assets</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Mental Health UK Services Limited	431,893	(399,103)	32,790	2

Expenditure by the Subsidiary includes a charge from Rethink Mental Illness of £116,396 for the year, covering the cost of direct staff in addition to management costs. This amount is included in the total charge for the Group from Rethink Mental Illness of £1,519,211 in note 13. A further £282,707 was paid on behalf of the Subsidiary by the Charity through the year.

**15. Employees**

The Charity had no direct employees in either the current or prior year. Day to day operation of the Charity is undertaken by Rethink Mental Illness staff; a management charge is paid to Rethink Mental Illness for their time.

Key management personnel include those outlined in the Trustees' report. Some of these individuals are employed and remunerated by Rethink Mental Illness and the cost of their salaries, including employers' national insurance and pensions, is included in a management charge paid to Rethink Mental Illness. Salaries explicitly included in this recharge for the Chief Executive Officer, Director of National Programmes and Director of Fundraising totalled £194,136 (2024: £187,431). Other members of key management personnel are included in a general overhead charge based on the share of their departments time dedicated to MHUK activity.

**16. Volunteers**

Our corporate partners volunteer staff to help the Charity in various ways such as running customer feedback workshops, supporting our fundraising activity and other general volunteering. The financial statements do not include an estimate representing the financial value of volunteer time.

**17. Post Balance Sheet Event**

On 3 July 2025 a 51% controlling interest in the Mental Health UK Group was acquired by Rethink Mental Illness, bringing Mental Health UK into the Rethink Mental Illness Group and strengthening the long-standing bond between each entity and the wider partnership.

This transaction is classified as a non-adjusting event under Section 32 of FRS 102, as it occurred after the reporting date and does not reflect conditions existing at 31 March 2025. No adjustments have been made to the financial statements for the year ended 31 March 2025.

The trustees believe the acquisition will reduce the risk exposure of each Charity and offer greater opportunities to share resources in a manner that maximises impact for our beneficiaries.

**Get in touch**



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