

ISSUE 04

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General Election 4th July 2024!



This election is a pivotal moment for mental health.

Every year 1 in 4 of us will experience a mental health problem. Nearly 2 million are waiting for NHS mental health services, and since 2017 the number of young people struggling with mental health has doubled.

Mind has set out the steps the next UK government must take towards a future where there's no mind left behind:

1. Reform the Mental Health Act
2. Raise the standard of mental health hospitals
3. Fund early support hubs
4. Build a better benefits system
5. Support people with mental health problems to thrive at work

To learn more, click here:

<https://www.mind.org.uk/news-campaigns/general-election-2024/>

Can you help?

If you can and would like to donate, please scan the QR Code or follow this link:
<https://checkout.justgiving.com/c/2923320>



All donations are gratefully received and help us to deliver our services.

Thank you!



Coping with distressing events in the news



We live in a complicated world. Over the past few years, headlines have included the cost-of-living crisis, climate change, wars, natural disasters, coronavirus, terrorism, and political uncertainty.

Coverage can seem constant. For many of us these issues aren't only in the headlines - they impact our daily lives.



Tips for coping:

- Set boundaries with your news habits
- Focus on what you can control
- Take care of your overall wellbeing
- Take action for change in the world
- Talk to someone you trust
- Get more help for your mental health

If you would like more details regarding these tips, please click here:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/coping-with-distressing-events-in-the-news/>

Introducing our staff

Daniel Jenkins – Lead Tenancy Support Worker

Dan started working for us in 2019 as a support worker and has since become the lead of our Tenancy Support project.

Committed to our mission and values, Dan offers extensive knowledge and pro-active support to some of our most vulnerable clients.

