



Corporate Partnerships

leedsmind.org.uk

About us

Leeds Mind is your local mental health charity.

No one should tackle their struggles alone, and our aim is to make sure anyone facing difficulties with mental health has the support that they need.

Whilst Leeds Mind is part of the Mind Federation Network, we are an independent charity and in charge of our own funding.

This means that any money raised for Leeds Mind is so important, because it goes into delivering on-the-ground mental health support for people in our area.

Every single donation is vital and has an impact on real people – our friends and neighbours across the city.

We could not do what we do without people like you, businesses like yours!



Our Vision:

Better mental health for all

Our Mission:

Leeds Mind enables people with mental health difficulties to flourish

Our Values:

- **Being Open**
We are open to new ways of working, informed by people's strengths and lived experiences.
- **Being Supportive**
We welcome others and aim to create a sense of belonging in everything we do.
- **Being Brave**
We are courageous and find meaningful ways of making a difference to people's lives.
- **Being Connected**
We collaborate with others through sharing our skills and knowledge.
- **Being Resourceful**
We make the most of what we have and build on our individual and collective strengths to work for positive change.

Why partner with us?

Be the difference that you want to see in the world! If you, like us, are appalled that suicide rates are at their highest since 1999, with deaths in Yorkshire and the Humber above the national average, supporting Leeds Mind is a pro-active way to help those in our area who need it most. Having access to support will help more people to see that they matter – and that they are **not alone**.

Supporting Leeds Mind shows your community that you care about what matters to them in an instantly recognisable way, with our familiar brand. It shows your commitment to local people and their health, by pledging support to a leading advocate for mental health in the region.

Our small, friendly team is dedicated to creating a partnership that works for your business. We're experts in bringing teams together to experience exciting achievements that you can feel proud of. We know that you're busy and the time you dedicate to fulfilling your Corporate Social Responsibility shouldn't feel like a chore – it should be the highlight of your working week!

As demand for services grows, it's more important than ever to have the support of the businesses around us so that we can keep reaching people when they need us the most.



It's so rewarding to know that our fundraising activities help to fund vital mental health services in our local community, and we're so proud to be part of that.

—
Emma Clayton
Search Laboratory



Why do we need your help

As an independent charity, we are responsible for raising our own funds.

Leeds Mind needs over £3.5 million pounds each year to support those who need it most. More and more people need access to mental health services, but funding is getting harder to come by.

Simply put, we need help from local businesses like yours to help keep services for local people going – it's that important!



What your money will fund

The money you raise will help us to keep our doors open for those who need a safe, supportive space. It can be used to help run services to reach people who need us most, making sure there's someone there to listen, in a welcoming setting.

Getting to know our services

We have lots of services. At their core, they all aim to stop anyone feeling so alone that they take their own life. The stakes that we deal with on a day-to-day basis are very high, and our staff treat this responsibility with the respect it warrants. We go where the help is needed, supporting people where it works best for them, all across the city and in West Yorkshire.



Employment Support

Our jobs are an important part of who we are - we all need to feel that we have a purpose. But when we are experiencing poor mental health, sometimes we are unable to continue working. Our teams support people to get back into work when they are ready, to help them to feel like a productive member of their community and connect with those around them. We work with each individual person to build their confidence and equip them with practical skills to land the job, but we also work with them to find the right job and balance that works for them.



Suicide Bereavement

We provide compassionate support for people bereaved or affected by suicide, delivered by staff who understand because they have been there. Anyone can use our services, whether the loss was recent or not, regardless of the closeness of your relationship to the person who has passed away. People who have experienced loss by suicide are more at risk of taking their own life, which is why having support at this stage is essential to moving forwards, managing grief and other complicated feelings in a healthy way.



Support for Young People

One in five children and young people had a probable mental disorder in 2023 (NHS). Our teams offer support in different ways. When it's helpful, our teams talk about their own experiences and what has helped them as part of the support we give. This is called 'peer support'. Lots of young people have told us this helps them to feel safe in sharing what's going on for them and helps them to feel less alone.



Peer Support

Our groups use shared personal experiences to support each other on an equal and mutual basis. This comes in many forms, from groupwork, workshops and courses which help develop skills and strategies to maintain their wellbeing. Our trained staff and volunteers provide a welcoming and safe environment in which to come together.



Financial Wellbeing

Having poor mental health can make it harder to earn and manage money, and worrying about money can make our mental health worse. Our teams help people to navigate how they look at their finances, offering practical financial advice whilst taking into account the impact their mental health has and finding ways to work with those hurdles.



Counselling

We offer Leeds residents individual one-to-one counselling. Talking therapies can offer a lifeline to anyone going through a time of poor mental health, allowing them to feel supported to move forwards and improve their wellbeing.

Jodie's story

My mental health journey started at the beginning of Covid. A lot of the time I was feeling isolated, because obviously we couldn't go anywhere or do our usual routines. Everything just felt very lonely.

My bedroom was like my cave where I spent my whole day and whole night. This made me just focus on me, instead of focusing on other parts of my life, like my schoolwork or my family. It made me build what I call 'demons' in my head. It made me create a lot of bad thoughts about myself, that were really dangerous to me.

It got to a point where I just started hating myself so much, that I decided to take my own life.

My experience of trying to access other mental health support had not been very helpful. A lot of the time, I'd been let down. So that made my journey a lot harder.

But when I started the sessions with Leeds Mind, it felt like such a weight off my shoulders, and could actually go to someone in my day and express how I feel and the things happening surrounding my family. I had someone consistent to talk to who actually cared. After the first phone call, I felt happy that I was finally getting help.



Leeds Mind's support helped me in keeping my mental health troubles closed in with someone. Not hiding it, but just stopping it from going towards my family or my friends or whatever. It was just so enclosed and it felt secure enough to allow me to just be myself.

It was great to be able to just go to someone and have them understand me. I can be really abstract in the way that I work at school – in my artwork or just day-to-day. I can be a struggle to manage, but my support worker made me feel like I can just be me, and I don't need to be ashamed or hide away. She influenced a lot of confidence in me, by being like 'look, I've been through a lot of what you've been through, and it gets easier'. And it does. It does get easier.

What your support could mean

£1,000

Could fund 20 counselling sessions.

£5,000

Could support the mental health journey of 16 people while facing financial hardship.

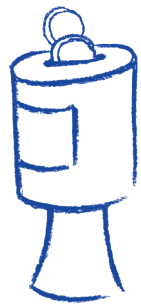
£10,000

Could fund peer support groups for 12 months.

How can you support us?

Our friendly team supports you every step of the way, to create a partnership that really works for your business. Achieve your goals whilst raising money and awareness for local mental health services – and have a blast along the way! Whether you want to bring your teams together, make a statement about the values that your company aligns with or need ideas to help fulfil your Corporate Social Responsibility, we're here to help you.

Direct Donations and Payroll Giving



If you're time short or organising fundraising activities isn't your thing, there are still ways to support the work that we do! Your business could make a one-off donation, a monthly donation or set up payroll giving so that your teams can donate quickly and easily.

Get Fundraising!

Fundraising together is the best way bring your team closer. You get all the benefits of having shared experiences outside of the standard day job whilst working towards the same goal. It gives your team a bit of variety, making work that bit more exciting! Whether your team wants to put on their own fundraiser, take on a challenge or join in with a Leeds Mind event, we can work with you to make the most of your ideas.



Take a peek at our exciting Leeds Mind Events Calendar on the insert!



Activate your community!

You can also get your group of friends, family, school or community organisation involved. Our dedicated team will be able to support you in whatever you would like to do, whether that is holding your own bake sale, running a race, arranging a family fun day, hosting a raffle or anything else you could dream up!

Sponsor a Leeds Mind Event!

Our events are a major part of fundraising and raising awareness for the charity. Supporting them through sponsorship helps us to take our events to the next level and gives your business a chance to publicly show your support for our recognisable local charity. Our team can tell you more about the affordable sponsorship packages that are currently available.

Pro-Bono work, Volunteering and Gifts In Kind

Do you have skills, time, goods or space that you could donate? We're always in need of prizes or refreshments, space and volunteers for our events. Does your team have a skill-base that could help us? Speak to our team about how we can help you to make a big impact!

One of Leeds Mind's core values is 'Resourcefulness'. As an independent charity, we know the importance of using the assets we have to their very best, so if you have any resources to spare, speak to us about how they could impact the work that we do.

Our Partners Say...



We are passionate about supporting Leeds Mind and the invaluable work they do. It's a cause that resonates with us profoundly as we strive to ensure that such critical support and resources are accessible to everyone.

By partnering with Leeds Mind, we are committed to not only raising funds but also raising awareness about mental well-being and making time to create opportunities to talk. We want to shine a light on the importance of mental health services and ensure that no one has to feel alone in their struggles.

Our collaboration is more than a partnership; it's a friendship and shared mission to uplift, support, and empower every individual in our community to find the support they need when they need it.



Kristy Dean
Perform Partners



Mental Health Training

Leeds Mind provides a range of mental health training, which focuses on raising mental health awareness and sharing practical strategies to enhance workplace wellbeing.

Speak to our team to request a brochure and learn more about available discounts.

£51B

The estimated total cost each year, to employers of mental health problems among their staff each year.

– Deloitte UK 2024

17 Million

An estimated number of working days were lost due to work-related stress, depression, or anxiety. This is over half of all working days lost due to work-related ill health.

– HSE Annual work-related ill-health and injury figures for 2021/2022

Turn the page to find out more about choosing Leeds Mind as your Charity Of The Year or becoming a Primary Partner.

Choose us as your Charity of The Year

Choose to support Leeds Mind exclusively for the next year (or longer!), raising as much money as you can whilst working towards your company's goals for the partnership.



Dedicated support to plan your year of fundraising



Initial meeting to lay out goals for the partnership



Introduction presentation to energise, enthuse and inform your staff



Promotion of your fundraising activities across our social channels



Opportunity to be included in our 'Corporate of The Quarter' blog



Use of the Leeds Mind 'Proud to support' logo



Cheque presentation and certificate at the end of the partnership, to celebrate your contribution



10% discount on Leeds Mind mental health training courses.





Become a Leeds Mind Primary Partner

Commit to donating £5,000 to become a Primary Partner and make a substantial impact to safeguard our vital community services.

On choosing to offer your support in this generous way, you will receive Charity of the Year benefits, dedicated account management and the following



- * Opportunity to be included in our 'Corporate of Quarter' blog
- * Use of the Leeds Mind Primary Partner logo
- * Leeds Mind Primary Partner certificate to display on your notice boards
- * Social media post introducing your company as a Leeds Mind Primary Partner
- * News story on the Leeds Mind website with the potential of gaining coverage from the local media
- * Inclusion of your logo on the Leeds Mind website
- * Acknowledgment of your support in our annual Impact Report
- * Leeds Mind goodie box, including merchandise, leaflets, Christmas cards and t-shirts
- * Access to a wellbeing video to support your staff's workplace wellbeing
- * 25% discount on Leeds Mind mental health training courses



Follow us

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 LeedsMind

 Leeds Mind

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