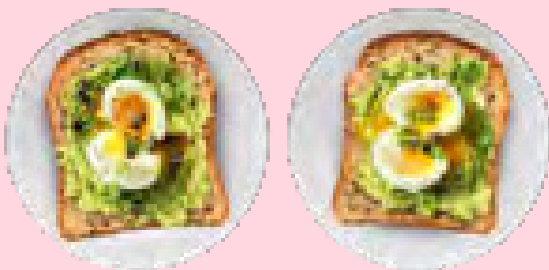




Host a **Big Brunch** this October & put a smile on someone's face!

1 in 4 people experience mental health problems but most of us don't get the help we need. This has to change. That's why we fight so hard for mental health.

For support, for respect, for you.



**Mind's
Big Brunch!**
in Harrogate District

How your support changes the lives of people with mental health problems.



Over the phone, online, and within local communities, Mind in Harrogate District is here to ensure no one is ever without support.

In 2024/25, our expert team connected with 1,293 people, making mental health an everyday priority across the district. We provided regular one-to-one telephone support to 137 individuals, welcomed 6,138 visits to our website, and delivered 405 wellbeing activities that reached 176 people.

In addition, we offered 982 support interventions for members of the Ukrainian community, further strengthening our commitment to accessible mental health care for all.



That's why we need you to host a Big Brunch this World Mental Health Day. By bringing people together over food and conversation, you'll be helping us raise vital funds and awareness, so no one in the Harrogate District is left without support.

To get involved or find out more, please email Holly at holly@mindinharrogate.org.uk