

# SANE

## Meeting the challenge of mental illness



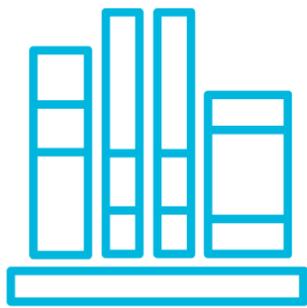
### Our vision

We believe that no one affected by mental illness should face crisis, distress or despair alone.

### SANE aims to:

- raise awareness and understanding of all mental health conditions
- fight to improve frontline mental health services for individuals and carers
- provide support, information and guidance through its helpline, SANEline, Caller Care service, Textcare and Online Forum
- promote and host research into the cause, treatments and therapies at the Prince of Wales International Centre for SANE Research in Oxford

### What we do



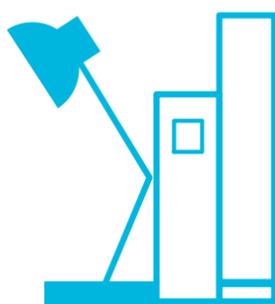
SANE is a leading national mental health charity set up in 1986 by its Chief Executive, Marjorie Wallace CBE, following her pioneering articles, The Forgotten illness, in the Times.

The charity which is independent of government aims to improve the quality of life of people affected by mental illness.

82p of every £1 donated

### How we spend

82% of spend is dedicated towards frontline services reaching those who need it the most.



### We provide over 12,000 hours

Every year SANE's staff and trained volunteers give time, guidance, information and emotional support to people affected by mental illness, including families and carers.



### We host research

We believe a deeper understanding of the causes of mental illness is vital in the search for more effective treatments, which is why we promote and host research at our Prince of Wales International Centre for SANE Research in Oxford.

WHAT ARE YOU WAITING FOR? HELP MEET THE CHALLENGE OF MENTAL ILLNESS



# SANE

## Meeting the challenge of mental illness



### Specialist support

**SANEline** - Out-of-hours specialist mental health helpline, available 365 days a year to people in crisis. Tel 0300 304 700, 4:30 - 10:30pm. **Textcare** - provides personalised, targeted messages to people at times when they feel most lonely and vulnerable. **Support Forum** - provides a platform for peer to peer support. **Caller Care** - led by professional counsellors and therapists, regular contact and longer term therapy can prevent mental health crises.

**83%**

of people who contact us have experienced suicidal thoughts or feelings

**90%**

of them felt SANE had helped them to cope better

**42%**

of the people who contact us have experienced psychosis.

**80%**

said SANE helped them manage their symptoms better

**97%**

said they would use our services again and would recommend us to people



**£10** could answer a call from someone in crisis



**£25** could help fund an hour of personalised Caller Care support for someone vulnerable to feel supported



**£175** could provide a SANE Creative Awards Scheme grant to an Individual towards materials, training courses or projects



**£1,500** could train a SANEline volunteer, who will support people in crisis, distress or despair

By working with SANE, you will combat the stigma around mental illness through educating & campaigning and by implementing wellbeing initiatives help create supportive working environments.

Central to this will be educating through Awareness workshops, which aim to get to the heart of what mental health is and how stigma can influence perceptions and prevent people from seeking help.

Registered with



FUNDRAISING  
REGULATOR

SANE

St Marks Studios, 14 Chillingworth road, London N7 8QJ

Registered Charity no. 296752

[www.sane.org.uk](http://www.sane.org.uk)

Twitter, FB @CharitySANE - Instagram @charitysane

SANENADOC1/JAN20V.5

