

Thank you all so much for your amazing donation of £2,100. As you know, CPSL Mind supports local people in their recovery from mental health challenges. We provide a range of services across our local communities, including: out of hours mental health crisis support; community wellbeing activities and peer support; perinatal support for new mums and their partners; talking therapies and campaigns and training.

In the year to April 2020, we provide more than 19,000 hours of 1-2-1 support to more than 3,000 local people. We facilitated 1,400 hours of group support to more than a 1,000 individuals. In addition, we reached 1,000s of others by our suicide prevention and positive wellbeing campaigns.

Your amazing donation will support all of our activities by helping to fund the organisation's back bone that ensures that everything we do is of the highest quality and are always informed by the voices of the communities and individuals we support.

Thank you all so much for your support, it is very much appreciated.

Zoe Doherty (Pronouns: She / her)
Fundraising Consultant



Working across Cambridgeshire,
Peterborough and South Lincolnshire

Mobile: 07824 360 349 | Office: 0300 303 4363 (9.30am-5.30pm)
Working Pattern: Monday to Friday 1pm – 4.30pm
Out of Hours: cpslmind.org.uk/need-help-now

