



## Our Services



A Guide to Bath Mind's  
Mental Health and Wellbeing Services  
in Bath and North East Somerset

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



Bath Mind is a local, independent charity, supporting the mental health and wellbeing of everyone living in B&NES. Whilst we are affiliated with national Mind, we receive no direct funding from them. Bath Mind do not have any shops or retail outlets.

Our services are funded by commissioned funding, grants, corporate and individual donations, gifts in wills, in memory donations and local fundraising.

We would like to take this opportunity to thank all those who support us, in so many different ways. This support enables us to continue delivering our life-changing services.

Bath Mind is governed by a non-executive board. Board members oversee the direction and strategy of the charity, holding the senior management team to account and scrutinising their decisions. Board members serve on a voluntary basis.

Bath Mind has been awarded the Mind Quality Mark (MQM). The MQM is a robust quality assurance framework created by national Mind.

Local Minds undergo a rigorous assessment, which includes a thorough appraisal of organisational policies and procedures as well as a visit and interviews with trustees, staff, volunteers and people who use services. MQM is awarded when all standards are fully met.

10 Westgate Street  
Bath BA1 1EQ  
Registered Charity No: 1069403  
Registered in England: 3531040

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

## Contacts

### Bath Mind Offices

01225 316199  
admin@bathmind.org.uk

### Befriending

0300 247 0050

### Breathing Space

01225 983130  
breathingspace@bathmind.org.uk

### Community Services Framework (CSF)

0808 1751369  
csf@bathmind.org.uk

### Community Support

07538113880  
wendysteeds@bathmind.org.uk

### Corporate Partnerships

hannahroper@bathmind.org.uk

### Counselling

counselling@bathmind.org.uk

### Food for Thought

foodforthought@bathmind.org.uk

### Football

ailsae@bathmind.org.uk  
07946233170

### Fundraising

hannahroper@bathmind.org.uk

### Greenlinks

greenlinks@bathmind.org.uk

### Press & Publications

press@bathmind.org.uk

### Intensive Service

07494 863 259  
intensiveservice@bathmind.org.uk

### Registered Care Home

01225 448396  
housing@bathmind.org.uk

### Room 627

ailsae@bathmind.org.uk  
07946233170

### Safe Space

07538 113890  
wellbeing@bathmind.org.uk

### Supported Housing

01225 448396  
housing@bathmind.org.uk

### Training & Workshops

07943 496835  
hannahroper@bathmind.org.uk

### Volunteering

andrewgraham@bathmind.org.uk

### Welfare Benefits

0808 278 7897  
www.citizensadvicebanes.org.uk

### Wellbeing Groups (Online and in person)

07538 113890  
wellbeing@bathmind.org.uk

## Befriending

Our befriending service is based at the Community Wellbeing Hub. It supports those feeling lonely, anxious or who have low mood. We provide regular telephone support and signposting to relevant services. Our team of experienced staff are there to listen and offer advice. (Age 16+)

Hours: Monday to Friday, 9am-5pm.  
Telephone: 0300 247 0050

## Breathing Space (evening support)

Staffed by a team with a broad range of experience in mental health, Breathing Space offers a compassionate listening and supportive ear to people experiencing crisis. We work with people to de-escalate their feelings of crisis and produce a plan to support them. (Age 16+)

Telephone support: Monday to Thursday, 5.30pm-11.30pm  
Face-to-face support: 7 days a week, 6pm-10.30pm  
Telephone: 01225 983 130  
email: [breathingspace@bathmind.org.uk](mailto:breathingspace@bathmind.org.uk)

## The Community Services Framework (CSF)

This new service provides support from a skilled team, so that people can access the right mental health support at the right time. Together, we will walk alongside people who need support, every step of the way; making sure they are ok, that they are accessing mental health help and support in their community and thinking about their next steps, with a focus on future independence and increased resilience. (Age 16+)

Hours: 9am-5.30pm, 7 days a week, 365 days a year  
Telephone: 0808 1751 369  
Email: [csf@bathmind.org.uk](mailto:csf@bathmind.org.uk)

## Counselling

Due to the high need and number of referrals we have received, there is currently a minimum waiting list of up to 4 months for sessions to begin. However, we are able to process initial assessments in the meantime. (Age 16+)

To book an assessment contact: [counselling@bathmind.org.uk](mailto:counselling@bathmind.org.uk).

## Welfare Benefits

Our Welfare Benefits Service is part of a joint project with Citizens' Advice BaNES. Our trained mental health support worker assists people struggling to understand and apply for benefits, navigate the benefits pathway and support at any appeal stages. Due to the complex nature of the work, all referrals are taken via Citizens' Advice BaNES.

Telephone: 0808 278 7897  
Website: [www.citizensadvicebanes.org.uk](http://www.citizensadvicebanes.org.uk)

## Wellbeing Groups and Support

Our wellbeing groups support hundreds of people across B&NES in creating new connections and support systems. We have an array of activities and projects within our Wellbeing Groups Service, as well as collaborative wellbeing projects in the community. Each group is supported by at least one Bath Mind staff member and/or volunteer, who facilitate the group and support individuals' wellbeing needs.

### Online Wellbeing Group

A friendly, welcoming group of people on Zoom, participating in activities based around the 5 Ways to Wellbeing (Connect, Learn, Be Active, Give and Take Notice). The group enjoy open conversations about their own wellbeing and support one another by sharing what helps them to stay well. The group often enjoy a quiz or invite a guest speaker into the sessions. Participants are also encouraged to share their skills with the group, if they wish. For example, one group member has just delivered 3 sessions of digital art as a learning experience for the group.

Thursday 3pm-4pm - Zoom

### Open Opportunities

A non-judgemental space to connect with others and improve wellbeing, centred around the 5 Ways to Wellbeing (Connect, Learn, Be Active, Give and Take Notice). The sessions often involve a guest speaker or a lead activity such as art, yoga, read around Bath, table tennis and creative theatre sessions. Bath Mind facilitators are on hand to offer 1:1 support and to help with access to other services.

Every Monday and Wednesday from 11am-1pm in central Bath

### Contact for the above groups:

Telephone: 01225 316367 or 07538 113 890  
Email: [wellbeing@bathmind.org.uk](mailto:wellbeing@bathmind.org.uk)

You can also self-refer on our website:  
[www.bathmind.org.uk/wellbeingreferral/](http://www.bathmind.org.uk/wellbeingreferral/)

### Wellbeing Walks

Short, gentle walks led by volunteers from Bath Mind and Bathscape. A relaxed and friendly social space to meet new people, get some fresh air and enjoy nature.

Thursdays 11am, Monksdale Road Allotment Car Park (BA2 2JD)  
Contact: [info@bathscape.co.uk](mailto:info@bathscape.co.uk) Text: 07816 641745 (Lucy)

## Photography Groups

### Feel Good Photography

Appreciate Bath's beauty through photography, with a warm, gentle and supportive group, meeting in various locations across Bath. Professional photography tutors will be available on occasions to deliver sessions, helping members discover new ways to enjoy being creative with a camera. A group volunteer is always on hand each week to share their wealth of photography knowledge and skills with the group.

When: Thursday 11am–1pm

### Keynsham Snap and Stroll

A local wellbeing photography group meeting face-to-face in a small group in and around Keynsham. The group offers opportunities to meet others, discover new ways of seeing surroundings, learn skills in photography and explore the local area. Bring a camera of any sort, and an open mind to meet new people and enjoy time snapping and strolling.

When: Tuesday 10am–12pm

Where: Various venues in Keynsham

### The Radstock Wellbeing Group

A coming together of people to engage in conversation and creative activities, whilst enjoying the delights of The Swallows Café! The sessions are supported by Bath Mind staff and volunteers.

The Swallows Café in Midsomer Norton on a Tuesday from 11am-1pm.

### Hopespace

An evening group meeting in central Bath in a comfortable and warm setting, for conversation, games, quizzes and fun. The group is supported by Bath Mind staff and volunteers, to offer mental health and wellbeing support and guidance, and signposting to other services where necessary.

Tuesdays, 6pm–8pm, The Bubble, St John's, central Bath.

### Contact for all of the above groups:

Telephone: 01225 316367 or 07538 113 890

Email: [wellbeing@bathmind.org.uk](mailto:wellbeing@bathmind.org.uk)

You can also self-refer on our website:  
[www.bathmind.org.uk/wellbeingreferral/](http://www.bathmind.org.uk/wellbeingreferral/)

## Football

A fun group playing football for all abilities. Led by Bath City Football coaches and Bath Mind volunteers.

Thursday 5.30pm – 6.30pm at Bath Recreation Ground (Great Pulteney Street entrance, past Laura Place Fountain and through the turnstiles).

Contact: Ailsa Eaglestone - 07946 233170  
[ailsae@bathmind.org.uk](mailto:ailsae@bathmind.org.uk)  
Geoff Stevens - 07970 681178

## Greenlinks: Eco-therapy

Greenlinks is a community support group offering people with mental and physical health issues the opportunity to engage in gardening activities linked to 5 Ways to Wellbeing (Connect, Learn, Be Active, Give and Take Notice). Greenlinks provides an opportunity for people to stay in touch with nature, meeting on our allotments at Alice Park, Monksdale Road and Ammerdown Estate.

**Alice Park Community Garden** Tuesday 10:30am-1pm

**Monksdale Road Allotments** Tuesday & Thursday 11.30am-2.30pm

**The Potting Shed (Ammerdown)** Wednesday 10.30am-1pm

Email: [greenlinks@bathmind.org.uk](mailto:greenlinks@bathmind.org.uk)  
Telephone: 07946 233146

## Food for Thought

Food for Thought is a cooking group that meets weekly to cook and enjoy the experience of eating delicious, healthy food together. Members have the opportunity be creative, try new foods, learn new skills and socialise in a friendly, supportive environment. During the Spring and Summer months there are events and activities, such as cooking outdoors at Bath Mind Allotments.

Times: Tuesday and Thursday 11.30am–2.30pm  
Email: [foodforthought@bathmind.org.uk](mailto:foodforthought@bathmind.org.uk)

## Wellbeing support for the over 55s

A series of short courses, both face-to-face and online, to promote good mental health and wellbeing for the over 55's. A chance to meet new people and form friendships. Learn new skills around nutrition, food and mood and engage in gentle forms of exercise for the body and mind, such as yoga, meditation and mindfulness.

Times: Tuesday and Thursday 11.30am–2.30pm  
Email: [foodforthought@bathmind.org.uk](mailto:foodforthought@bathmind.org.uk)

## Timetable

<b>Monday</b>	11am-1pm 9am-5pm 9am-5.30pm 5.30pm-11.30pm 6pm-10pm	Open Opportunities Befriending Service Community Services Framework Breathing Space Telephone Service Breathing Space Face-to-Face
<b>Tuesday</b>	10am-12pm 10.30am-1pm 11am-1pm 11.30am-2.30pm 11.30am-2.30pm 11.30am-2.30pm 9am-5pm 9am-5.30pm 5.30pm-11.30pm 6pm-10pm 6pm-8pm	Keynsham Snap and Stroll Greenlinks, Alice Park Radstock Wellbeing Group Greenlinks, Monksdale Road Food for Thought Wellbeing for Over 55s Befriending Service Community Services Framework Breathing Space Telephone Service Breathing Space Face-to-Face Hopespace
<b>Wednesday</b>	11am-1pm 9am-5pm 9am-5.30pm 10.30am-1pm 5.30pm-11.30pm	Open Opportunities Group Befriending Service Community Services Framework Greenlinks, Ammerdown Breathing Space Telephone Service
<b>Thursday</b>	9am-5pm 9am-5.30pm 5.30pm-11.30pm 6pm-10pm 11am 11.30am-2.30pm 11.30am-2.30pm 11.30am-2.30pm 11am-1pm 3pm-4pm 5pm-6.30pm	Befriending Service Community Services Framework Breathing Space Telephone Service Breathing Space Face-to-Face Wellbeing Walks, Monksdale Road Greenlinks, Monksdale Road Food for Thought Wellbeing for Over 55s Feel Good Photography Online Wellbeing Group (Zoom) Safe Space (Youth - Zoom)
<b>Friday</b>	5.30-6.30pm 9am-5pm 9am-5.30pm 6pm-10pm	Football for all Befriending Service Community Services Framework Breathing Space Face-to-Face
<b>Saturday/ Sunday</b>	6pm-10pm 9am-5.30pm	Breathing Space Face-to-Face Community Services Framework

## Support for Young People

Bath Mind is committed to supporting young people throughout our community. In addition to our specific services for young people, our wellbeing groups welcome all over the age of 16 who are registered with a GP in B&NES.

### Safe Space

This peer support group is for young people (aged 16-25) to connect and have discussions about their mental health and wellbeing in a safe, supportive place, facilitated by Bath Mind staff and volunteers. There are opportunities to engage in new activities based around the 5 Ways to Wellbeing, such as sharing music, literature, guided art sessions, theatre and physical activity. This group also have a social gathering once each month, sharing a game of bowling, a cinema trip or a meal together.

Meetings: Thursday 5pm-6.30pm, Zoom.  
Monthly meets in person.

### Peer Support at Safe Space

A service that matches a young person (aged 16-25) to a peer mentor for up to 12 weeks, helping to support that person in an area of their life they feel they need help. This could be joining a local gym or community group, applying for an education or training course, or help to get support for their mental health and wellbeing in their local community. Safe Space also has a Youth Counsellor working alongside this project, offering counselling sessions for 16-25s. There is likely to be a waiting list for this service.

#### Contact details for Safe Space and Peer Support:

Telephone: 01225 316367 or 07538 113890  
Email: [wellbeing@bathmind.org.uk](mailto:wellbeing@bathmind.org.uk)

You can also self-refer on our website:  
[www.bathmind.org.uk/wellbeingreferral/](http://www.bathmind.org.uk/wellbeingreferral/)

### Room 627

Room 627 is a project created to help young people navigate the changes of moving from Year 6 to Year 7, with kindness, compassion and creativity. A space where young people can explore different activities, share ideas and get creative, to build confidence in the changes presented by 'moving up' to senior school.

Further information: [ailsae@bathmind.org.uk](mailto:ailsae@bathmind.org.uk)  
[www.room627.com](http://www.room627.com)

## Supported Living

Bath Mind's supported living services are services we offer to individuals within their own homes, or within the community. Throughout our services, we work closely with clients to achieve their goals and develop their autonomy. Our staff team are experienced and trained to support people with a wide range of complex needs and challenges.

## Community Support Service

Our B&NES accredited recovery service offers a range of 1:1 interventions including practical and emotional support, helping people to live independent, fulfilling lives. We offer support with building self-confidence; health and wellbeing; daily living skills; budgeting; social connections; housing issues and access to community facilities.

Online referral (where funding is in place) via [www.bathmind.org.uk/our-services/our-services/supported-living/communitysupport-service/](http://www.bathmind.org.uk/our-services/our-services/our-services/supported-living/communitysupport-service/)

Telephone: 07538 113 880  
email: [wendysteeds@bathmind.org.uk](mailto:wendysteeds@bathmind.org.uk)

## Intensive Outreach Support Service

Bath Mind's Intensive Outreach Support aims to allow a smoother discharge from psychiatric care, or to prevent people needing to access hospital, by providing short-term intensive support in clients' homes.

We work closely with the client's mental health team and provide flexible, trauma informed, person-centred mental health support. This offer is open to those under the care of Avon & Wiltshire Mental Health Partnership Trust (AWP) residing in B&NES, Swindon and Wiltshire. The maximum duration of support is 12 weeks. People can be referred into the service up to 3 times a year.

This service is only available for referrals via Avon & Wiltshire Mental Health Partnership Trust (AWP).

For more information please contact our Intensive Outreach Team:

Telephone: 07494 863 259  
email: [intensiveservice@bathmind.org.uk](mailto:intensiveservice@bathmind.org.uk)

## Supported Housing

We support people with independent living skills, promoting wellbeing and reducing isolation, crisis prevention, their rights, and to obtain safe and secure accommodation. All of our services are non-clinical.

## Residential Care Home

Our registered care home is an eight-bedroomed house in Bath, registered with the Care Quality Commission. It provides non-nursing care and support for eight people aged 18-65 with long-term mental health problems. The residents are supported 24-hours a day, seven days a week. Residents are required to be supported by Avon & Wiltshire Mental Health Partnership Trust (AWP).

Contact: Fiona Stradling  
Telephone: 01225 448396  
email: [housing@bathmind.org.uk](mailto:housing@bathmind.org.uk)

## Supported Living

Bath Mind manages self-contained flats in Bath and Chippenham, supporting tenants moving towards independent living over a 2-year period. We work with each tenant on a one-to-one basis, enabling them to define their recovery goals and achieve their potential.

Referrals for Bath via [www.housingsupportgatewaybathnes.org.uk](http://www.housingsupportgatewaybathnes.org.uk)

Referrals for Chippenham please contact:

Contact: Fiona Stradling  
Telephone: 01225 448396  
email: [housing@bathmind.org.uk](mailto:housing@bathmind.org.uk)



# Training and Workshops

Bath Mind's Business Development team provides a wide range of services in preventative training for the community and the workplace, including Mental Health First Aid training, bespoke Wellbeing for the Workplace training and other wellbeing initiatives such as Mindfulness. Bath Mind promotes and advocates an ethos of learning throughout our activities.

## Workplace Wellbeing Consultancy - For Leaders

Your organisation's approach to workplace wellbeing starts from the top and benefits from a whole-organisation strategy. We will support your organisation at a strategic level and take you through a step process in line with government recommended '6 Thriving at Work Core Standards', to help you embed a sustainable, evidence-based culture change for workplace wellbeing.

## SLT Working Well Culture Workshops

A 90 minute or 2 hour workshop for leaders of your organisation to support promoting a culture of workplace wellbeing and meeting the employer's legal duty of care under the Health and Safety At Work Act. We will tailor this workshop to suit the needs and structure of your organisation.

## Mental Health First Aid Courses

Bath Mind is a member of MHFA England, with qualified instructors offering a range of evidence based learning, from awareness raising to skill development. The courses empower people to notice signs of mental ill health and encourage them to break down barriers, listen in a non-judgemental way and signpost to support for recovery. Mental Health First Aid courses are accredited and well endorsed nationally.

- Mental Health First Aid - 2 days
- Mental Health First Aid Champion - 1 day
- Mental Health Aware - half day
- Mental Health First Aid Refresh - half day
- Suicide First Aid - 1 day
- Suicide First Aid lite - half day

These adult courses are suitable for anyone over the age of 18. Participants can attend for personal or professional reasons. We run public and in-house courses. Please get in touch for a quote or ask for our MHFA brochures for full details of all the courses.

### For all training and workshop enquiries please contact:

Hannah Roper  
Telephone: 07943 496835 email: hannahroper@bathmind.org.uk  
www.bathmind.org.uk/training/

# Bespoke Training and Workshops

90 minute, 2 hour, half day or full day training tailored to your needs. This can be anything from a 1 hour overview on Mental Health Awareness, to a full day of in-depth Managers' Training. Examples include:

## Workplace Mental Health Awareness

Includes spotting signs and symptoms of poor mental health in the workplace and introducing how to support your own, and your colleagues' wellbeing at work.

## Supporting Employees' Mental Health: A Guide for Managers

Includes tools and techniques for effective wellbeing conversations, the case for culture change on workplace mental health and signposting to professional help.

## Managing Mental Health in the Workplace: for HR Professionals and Managers

Understanding the legal obligation of an employer to create a safe and positive work environment, employee's rights and potential employment claims to avoid.

## Mental Health Awareness for Frontline Staff

Includes recognising and responding to the signs and symptoms of poor mental health, de-escalation skills and self-care for you as professionals.

## The Power of Nutrition

This session is evidence-based, yet practical and down-to-earth, as we consider the interplay between our bodies, minds and environments for optimal wellbeing.

## Other Workplace Wellbeing Initiatives

**Mindfulness Sessions** Introducing your team to the power of simple mindfulness practises that calm the autonomic nervous system, focus the mind and lift the mood. We share the brain science behind mindfulness and help participants start or develop their mindfulness practise for improved wellbeing and productivity.

**Mental Relaxation with The Soul Spa** 20 minutes of live-streamed guided mental relaxation for your team. A great way to keep employees fit and mentally motivated. Choose from existing sessions or request a bespoke session. Sessions can improve wellbeing, help with focus and creativity and help to energise your team.

**Wellbeing Coaching - 1:1 or Team** A listening ear to offer support and wellbeing strategies, tailoring a coaching package to suit your particular needs. This confidential service takes referrals from individuals or HR/Managers seeking to access support for colleagues. Free, no obligation discussion available.

**Workplace Mediation** To assist organisations in supporting employees affected by mental health difficulties. An accredited mediator will work with your team to provide a confidential resolution service between colleagues, or employees and managers. Free, no obligation discussion available.

# Online Support and Resources

You will find lots of support information, resources and information on how to get help, for you or for someone else, on our website.

## Wellbeing Activities

Resources including colouring pages, puzzles, games, quizzes, gardening, cooking and craft activities.

[www.bathmind.org.uk/resources/wellbeing-activities/](http://www.bathmind.org.uk/resources/wellbeing-activities/)

## Breathing Exercises

Connecting with the breath can help us relax, unwind and reduce levels of stress. You can find different types of breathing exercises on our website.

[www.bathmind.org.uk/resources/wellbeing-activities/breathing-exercises/](http://www.bathmind.org.uk/resources/wellbeing-activities/breathing-exercises/)

## Sleep

Sleep plays a vital part in our mental and physical wellbeing. Read our tips on healthy sleeping habits and further resources on our website.

[www.bathmind.org.uk/resources/information-and-tips/sleep-problems/](http://www.bathmind.org.uk/resources/information-and-tips/sleep-problems/)

## Physical Exercise, Sport and Mental Health

Exercise and relaxation are important to our mental health and wellbeing as well as our physical health. Find tips and resources on our website.

[www.bathmind.org.uk/resources/information-and-tips/sport-and-mental-health/](http://www.bathmind.org.uk/resources/information-and-tips/sport-and-mental-health/)

## LGBTQI+ Mental Health

Bath Mind stands with the LGBTQI+ community, allying with equal rights and acceptance for all. Those of us who identify as LGBTQI+ are more likely to experience a mental health problem.

[www.bathmind.org.uk/resources/lgbtqi/](http://www.bathmind.org.uk/resources/lgbtqi/)

## Support for Children and Young People

For those supporting young people, it can seem difficult to know where to start. Our website gives suggestions and resources for supporting children and young people.

[www.bathmind.org.uk/resources/information-and-tips/children-and-young-people/](http://www.bathmind.org.uk/resources/information-and-tips/children-and-young-people/)

# Get Involved

There are many different ways you can get involved with Bath Mind.

## Volunteering

Volunteering can be a rewarding, beneficial experience. We provide appropriate training and ongoing support. You can find out more on our website, where you'll also see current volunteering vacancies:-

[www.bathmind.org.uk/get-involved/volunteering/](http://www.bathmind.org.uk/get-involved/volunteering/)

## Work for Bath Mind

With around 100 staff, Bath Mind work at different locations across Bath and North East Somerset, with our main offices in central Bath. Take a look at our current vacancies on our website.

[www.bathmind.org.uk/get-involved/job-opportunities/](http://www.bathmind.org.uk/get-involved/job-opportunities/)

## Join our Members' Panel

Our Members Panel is a group with lived experience of mental health difficulties having a say in how we work, empowering those involved to have a voice and ensuring that our services reflect the needs and views of people living with mental health difficulties in our local community.

[www.bathmind.org.uk/get-involved/members-panel/](http://www.bathmind.org.uk/get-involved/members-panel/)

## Share your Story with us

By contributing to the 'Your Stories' blog at Bath Mind, you can share your own lived experience. Speaking about mental health can be a powerful tool in changing people's perspective.

[www.bathmind.org.uk/get-involved/blog-for-bath-mind/](http://www.bathmind.org.uk/get-involved/blog-for-bath-mind/)

# Fundraising and Events

There are lots of ways you can support Bath Mind, whether it's by taking part in an event, taking on a challenge, holding a quiz night, selling cakes, or running a marathon, or simply donating. No matter how you fundraise, we are grateful for your vital donations and support and we are here to support you every step of the way.

[www.bathmind.org.uk/support-us/fundraise-for-bath-mind/](http://www.bathmind.org.uk/support-us/fundraise-for-bath-mind/)

## Run for us in the Bath Half Marathon 2022

Taking part in the Bath Half Marathon is a fun and enjoyable way to support both your own AND your community's mental health and wellbeing.

[www.bathmind.org.uk/support-us/bath-half-2022/](http://www.bathmind.org.uk/support-us/bath-half-2022/)





### **Our Vision**

Our vision is of a society that promotes and protects good mental health for all and treats people with experience of mental ill health fairly, positively and with respect.

### **Our Mission**

We are here to promote and nurture everyone's mental health, through the provision of information, activities, advice and support.

### **Our Values**

**Inclusive and equalitarian:** We respect everyone's experience and we ensure that inclusion is at the heart of our work.

**Collaborative:** We reach out to a wide community, working together with national and local organisations and people with experience of mental ill health, to help achieve our mission.

**Responsive:** We listen and learn from our members and supporters, gaining insight and understanding, which enables us to respond to the needs of our community.

**Committed:** We deliver high quality, informed services, and we are committed to improving the lives of those experiencing mental ill health.

**Aspirational and ambitious:** We strive for the best possible standards and quality of provision, by working and growing together with pride, passion and dedication.

Follow us on social media for news and regular updates.



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