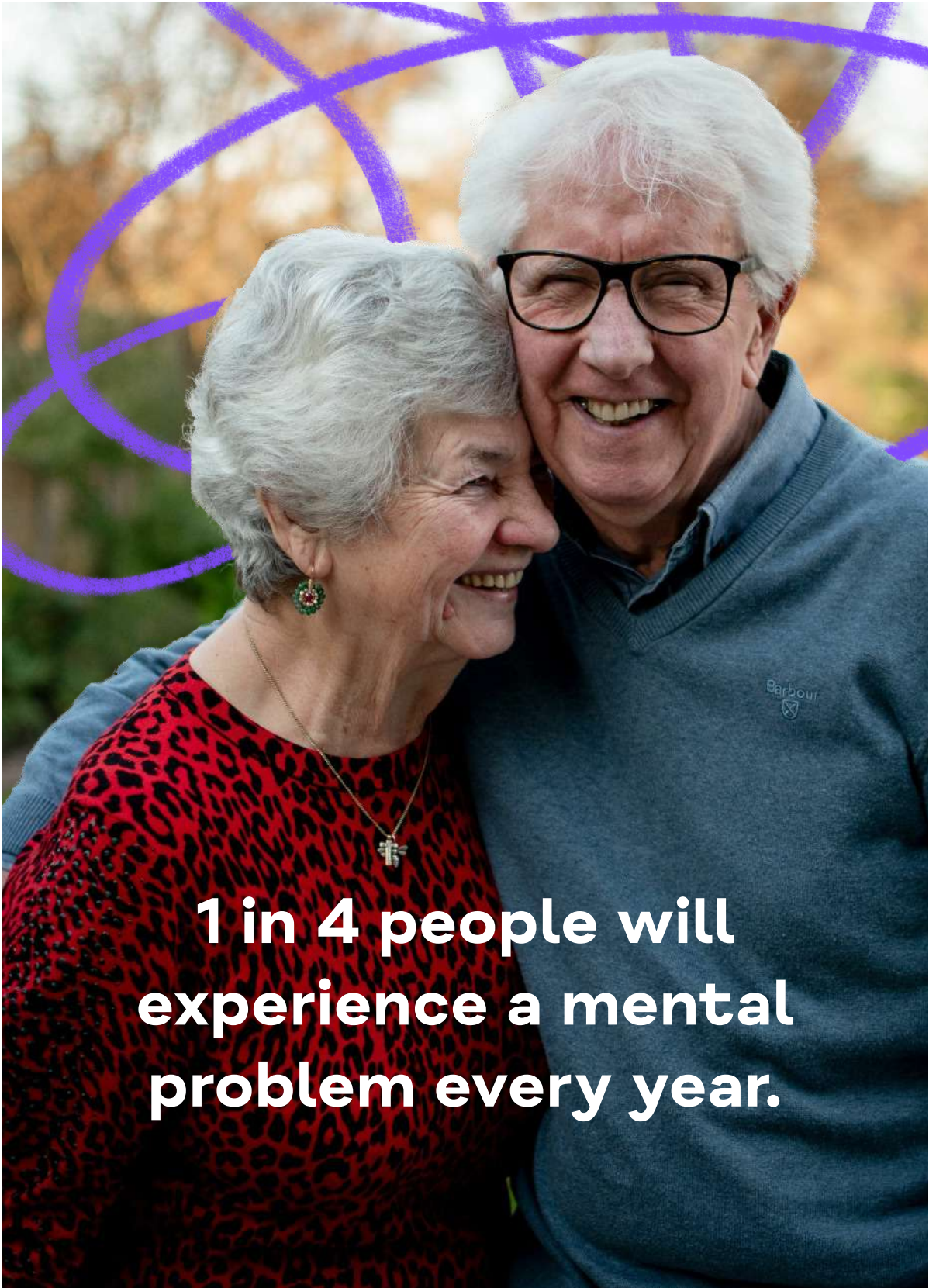




Mind  
Hull and  
East Yorkshire

# Impact Report 2021

We change lives, **locally.**



**1 in 4 people will  
experience a mental  
problem every year.**

## Together, let's fight for mental health

The coronavirus pandemic left a deep scar on the mental health of hundreds of thousands across Hull and East Yorkshire. The terrible loss of life, the impact of lockdown and unprecedented isolation left many of us struggling to cope. People who were already experiencing poor mental health struggled more than ever before.

But as the world around us became unrecognisable, Hull and East Yorkshire Mind and the local community fought like never before. We made sure the pandemic's impact on mental health was not ignored and did everything in our power to help.

## Why it's time for action

We were already facing a mental health emergency before the coronavirus pandemic struck. Then rates of depression doubled during lockdown and the pandemic created a whole new level of anxiety, isolation and grief. From the very beginning – we continued to be there for people when they needed us most.

### **This is why we must continue to fight:**

- Two thirds of adults and more than two thirds of young people say their mental health has got worse since the first lockdown.
- One in four adults will experience a mental health problem each year.
- In 2017, one in ten young people had a mental health problem. By 2020, it was one in six.
- Children and adults in low income families are between two and three times more likely to experience mental health problems than those in high income families.



## Who we are

We are Hull and East Yorkshire Mind - your **local** mental health charity. Founded in 1976, we have been supporting local people with their mental health for over 40 years.

As an independent charity responsible for our own funding and governed by a group of local trustees, Hull and East Yorkshire Mind is affiliated to the Mind network made up of over 115 organisations across the country delivering services and campaigning for better mental health for all.

Our **VISION** is that we won't give up until everyone experiencing a mental health problem gets both support and respect.

Our **MISSION** is to work with partners to intervene as early as possible, providing advice and support to empower and give hope to anyone experiencing a mental health problem. We campaign locally to improve services and reduce stigma and discrimination.



## What we do

We offer a range of support designed to help individuals to recover and stay well. Working with our local partners, we offer counselling to adults and young people who need our help.

As a housing association with over 30 properties, we provide individuals with a safe environment that aids recovery and promotes independence. This includes a specialist 4 week service that supports individuals leaving hospital to find suitable accommodation that suits their needs.

Throughout the community, we run regular support groups that give individuals the chance to share their experiences with others and learn new skills to improve their mental health.

Other specialist support includes working with Humberside Police in their force control room, working with individuals experiencing poor mental health and drug and alcohol problems, supporting individuals bereaved or affected by suicide as well as offering 24/7 access to information, advice and support.



## How we do it

All of our services could not be delivered without the wonderful support from our commissioners, funders, fundraisers, corporate partners, volunteers and members of the public.

By working closely with our local partners, this gives us the opportunity to be innovative and provide support that we know will make a difference, and further meet the needs of our local community.

We can't mention them all, but huge thanks to the following organisations who helped us considerably in 2021:

- Hull City Council
- East Riding of Yorkshire Council
- Humber Teaching NHS Foundation Trust
- The European Social Fund
- Mind
- The National Lottery Community Fund
- The Humber, Coast and Vale Health and Care Partnership

# Our impact



**100%**

of individuals receiving job retention support reported a positive change in managing their mental health.



**4342**

enquires were received by our 24/7 information and advice line via phone, email, text and online.



**3209**

individual referrals were received from local people needing support with their mental health. In 2017, we received 974.



**100%**

of individuals said that Hull and East Yorkshire Mind acted with compassion and understanding throughout their support.



**4356**

individual therapy sessions were attended by 546 children and young people across the local area. These are offered in partnership with Headstart Hull and CAMHS.



**1838**

young people were supported as part of our Whole School Approach programme. As part of this work, we are currently working in 10 local schools and colleges.



**90+**

individuals are currently living with us and receiving support in in our supported living environments. Our accommodation is designed to offer hope, promote independence and aid personal recovery.



**96%**

of individuals said that as a result of our support, they have reported an improvement in their overall mental health and wellbeing, this includes improved stress and relationships, independence and connections.

# Our impact



**274**

referrals were received from people bereaved or affected by suicide, this is delivered by our Together service.



**40**

members of staff were recruited in the pandemic so that we could help more local people.



**99%**

of staff members said that they feel proud to work for Hull and East Yorkshire Mind and do the work that they do.



**3401**

hours of support was given by our amazing volunteers. We currently have over 150 volunteers regularly giving up their time.



**596**

individual referrals were received in the East Riding alone. This includes one to one and group support as part of our partnership with East Riding of Yorkshire Council.



**31**

people retained their employment and returned to work following the support they had received as part of our Job Retention service in Hull and East Yorkshire.



**94%**

of individuals receiving support said that they would recommend Hull and East Yorkshire Mind to their friends and family if they needed support with their own mental health.



**88%**

of individuals said that as a result of our support, they had achieved their personal goals. These are set at the beginning of support commencing and are personal to the individuals needs.



# Our impact

We campaign to improve services, raise awareness and promote understanding.



**20,000**

people follow us on our social media channels including Facebook, Twitter, LinkedIn and Instagram



**Over 100**

times we appeared in the local newspaper, on TV and on the radio to shout about our work.



**140,000**

page views on our website. A total of 58,000 individuals from across the local area wanted to know more about the work that we do.



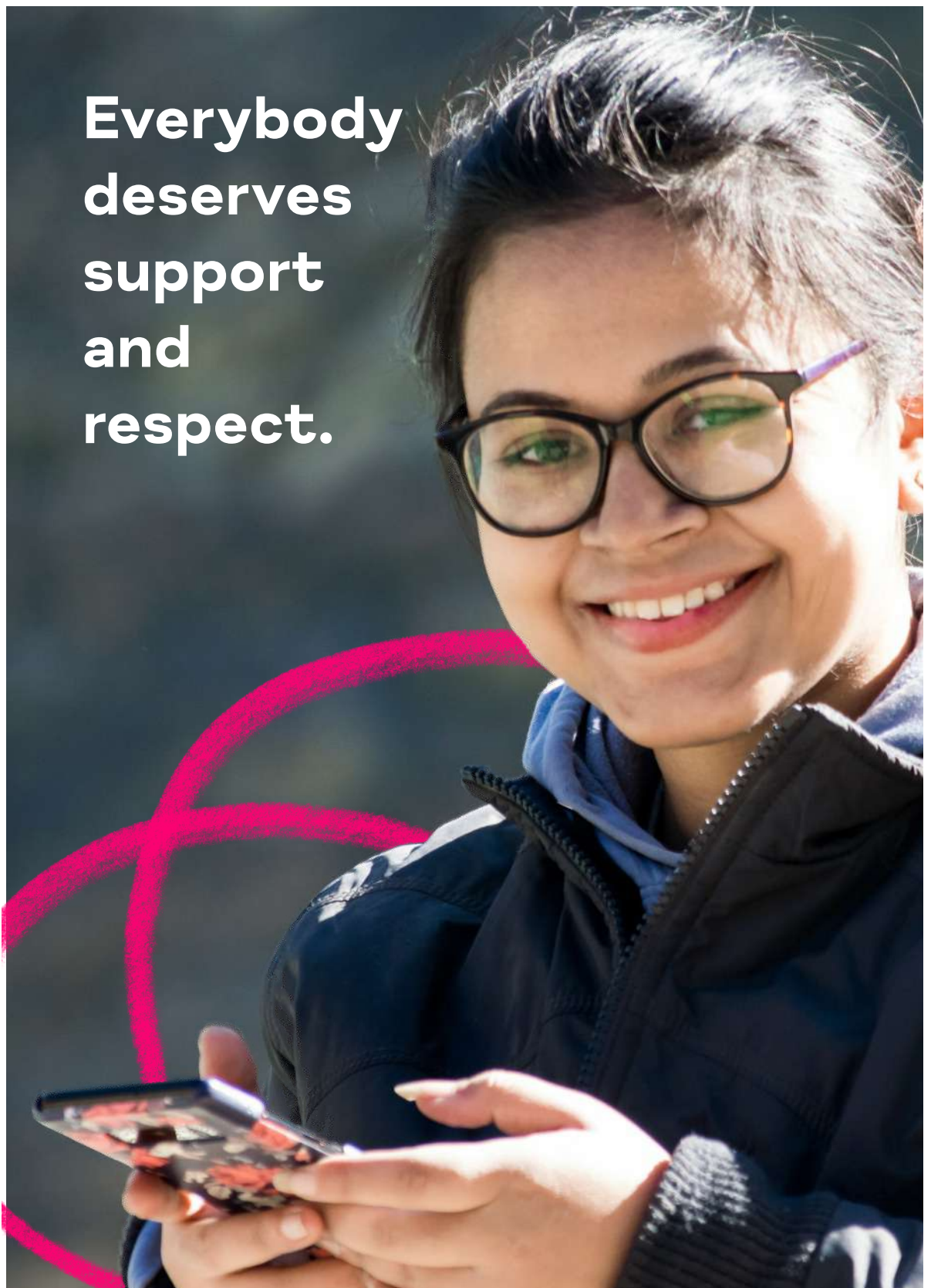
**1.3m**

Our campaign posts on Facebook and Instagram were seen 1.3 million times by over 420,000 people from across Hull and East Yorkshire

# Our key achievements

- Working with our partners Humber Teaching NHS Foundation Trust, we took over the Mental Health Support Line - providing 24/7 support to people in emotional distress and crisis.
- Our Information Line continued to operate 24/7 to offer information, advice and support to local people, their friends, family members and colleagues.
- We received a substantial investment loan from SASC to enable us to purchase 21 properties in the local area.
- We won new contracts such as the Crisis Pad in Hull - providing an out of hours safe-space for people experiencing emotional crisis or distress.
- We were shortlisted for 'Best not for profit working in partnership with the NHS' at the Health Service Journal Awards 2022.
- We partnered with other local charities such as Tigers Trust, SEED, The Peel Project and the Hull KR and Hull FC Community Foundations.
- We set up 10 new services including working with people with a dual diagnosis, supporting young people to get in to work, and working within the primary care mental health network to offer one to one support.

**Everybody  
deserves  
support  
and  
respect.**





## **We rely on our local support**

By supporting Hull and East Yorkshire Mind, you're bringing us closer to a world where no one faces a mental health problem alone. We know our support changes lives, but don't take our word for it, here's what local people have said about working with us:

**“I wouldn't be here without Hull and East Yorkshire Mind.”**

**“Hull and East Yorkshire Mind gives me hope.”**

**“Hull and East Yorkshire Mind helped me to become more confident. The days in the past of worrying about what people thought of me are over.”**

**“Hull and East Yorkshire Mind saved my life.”**

**“I would highly recommend Hull and East Yorkshire Mind to anyone who is struggling as they are really dependable and understanding.”**

**“I feel that I was helped enormously, and to have someone outside the family who would listen and help me manage my feelings was invaluable.”**

**Hull and East Yorkshire Mind**

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