

## Why we need your support

- One in four people seek help for a mental health issue.
- Nine out of ten people with mental health issues experience stigma and discrimination.
- Doctors wrote 51 million prescriptions for antidepressants.
- Around 47,000 people were detained or sectioned under the Mental Health Act.
- Around 4,000 people took their own lives.

We want anyone who is feeling helpless and in despair to get support without facing prejudice and discrimination. By leaving us a gift in your will, you can help us create a better future.

## How to include us in your will

Writing a will doesn't need to be a long or complicated task. It's about making sure that your wishes are carried out after you're gone and that the people and causes you care about receive the gifts you want them to have.

The first thing to do is to make sure your friends and family are looked after. Then you may want to consider leaving a gift to North Kent Mind. Next, we advise you to visit a solicitor to have your will professionally written.

You can amend an existing will simply by adding a codicil. You can do this to add a gift to North Kent Mind alongside the other gifts you've already put in your will. It's advisable to get a solicitor to help you, or you may accidentally invalidate your existing will. When you store the documents, don't pin or staple your codicil to your will, just keep them all together.

## Five steps to remembering

- **Make a list of everything you own.** Include your property, investments and any debts. This will help you calculate the value of your estate.
- **Decide who you'd like to give to.** This may include members of your family, close friends or charities you want to remember in your will, such as North Kent Mind. Many people choose to leave a residuary legacy to North Kent Mind, as this ensures that family are provided for first.
- **Decide who you want to name as executor of your will.** These are people named in your will who you want to be responsible for making sure your wishes are carried out.
- **Visit a solicitor.** They will help you put your will together and ensure it is legal. Mind can send you a list of solicitors in your area.
- **Find a safe place to keep your will.** Keep a copy to check from time-to-time. Your solicitor will often be able to keep your will on file without charge. It's a good idea to tell a relative or close friend where it is stored.
- **There are a number of types of gifts that you can leave to North Kent Mind in your will:** A share of your estate, a fixed sum of money, a specific gift, a gift in trust.

### A gift in your will

Many of the people we help have nowhere else to turn. By leaving us a gift in your Will, you help people experiencing mental health issues to get the help and support they need to get their lives back on track. Large or small, whatever gift you are able to give will make a difference.

## Our promise to you

We will:

- Use your gift carefully so it creates the most impact for people with mental health issues.
- Respect your right to privacy.
- Understand that your family and loved ones come first.
- Not pressure you to leave a gift to North Kent Mind.
- We know it's a decision you will want to make in your own time.
- Answer questions you have, and keep you up to date with our work in the way that suits you.
- Understand if you change your mind about leaving us a gift in your will.
- Handle any gifts you leave sensitively and respectfully.

If you have any questions about leaving a gift in your Will, or our work, please get in touch. We aren't solicitors, but we can answer general questions you have and we can tell you all you want to know about what we do for people affected by mental health. Thank you.

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Thanks so much for thinking about leaving a gift to North Kent Mind in your will.

As a charity we aim to ensure that people with mental health problems have somewhere to turn to, and we exist because of people like you. By leaving a gift to North Kent Mind you can help to shape the future of local mental health support.



All our leaflets are available in large print, Braille, or other formats, on request.

## North Kent Mind's other services

### Wellbeing Services:

A range of open and activity sessions, courses and groups.

### Psychological Therapies:

Talking therapies provided on behalf of the NHS: Counselling, CBT, Psycho-education, Guided Self-Help, and Group Work.

### Low-cost Counselling:

Individual Counselling without rigid limits as to the number of sessions available. Fees from £10.00 per session.

### Supported Housing:

Long and short-term supported housing.

### Education:

Placements for social work students, mental health nurse trainees and trainee counsellors. Mental health training sessions in various settings.

### Training Services

Mental health training.

### Springboard Employment Services

A range of services to support people into employment, volunteering or training.

In North Kent Mind we are committed to continuously improve our services through quality review and service user feedback.

### North Kent Mind

Registered in England Company No. 5093370. Limited by Guarantee.  
Affiliated Local Association Registered Charity No. 1103790.



Shape the future of mental health support

remember North Kent Mind with a gift in your will

Registered Charity 1103790.