

Support in Mind Scotland

Who we are and what we do

Support in Mind Scotland is an award-winning national mental health charity offering services and support to around 1,500 affected by mental illness each week, across more than 20 diverse projects throughout Scotland. Our aim is to improve the quality of life for anyone whose mental illness had a serious impact on their life, or the lives of others, including families, carers and friends.

Our centres offer services including; Carer Support, group and one-to-one support, employability skills building, assistance with money and benefits, outreach for anyone unable to visit a centre, as well as activity groups such as Yoga, music, art and walking. The Stafford Centre in Edinburgh actually had to introduce a second walking group (below) last year due to overwhelming demand!



Sadly, as things stand the way we support people has had to transfer to remote methods. We're very lucky to live in a time where this technology is so widely available, but it's no substitute for proper human contact.

Our signature fundraising campaign is the 100 Streets Challenge, which encourages people to walk, jog, run or cycle 100 streets at their own pace. The aim is to combat isolation and give people a reason to get out and exercising, and to this end we've made it free to take part to make it possible for anyone to get involved. Backed by our ambassadors (below front); Scottish Rugby legend Scott Hastings, his amazing wife Jenny and World record-holding para-sport athlete Maria Lyle, there's no hard-sell in terms of fundraising, although many people choose to do so as we see the challenge grow year on year!



From everyone at Support in Mind Scotland, thank you all for your support and have a great conference.