



Everything you need to know about Kind To Mind



Where Do Your Donations Go?

Samaritans 10%

We recognise that we can't do it all, so we support Samaritans by giving 10% of donations to fund their vital 24/7 crisis line. The crisis line is run by volunteers who provide pastoral support to individuals over the phone when they are in distress or just needing a chat.

Kind To Mind Toolkits 80%

80% of donations are spent on providing life saving toolkits to people in a mental health crisis. The toolkits are based on CBT principles of transforming high risk behaviour into self nurturing tendencies. (see images of toolkits)



Kind To Mind Itself 10%



Kind To Mind is run primarily by our amazing team of volunteers. In order for us to put on live events and take time out of our separate work lives, 10% of donations goes back to the founder of Kind To Mind to fund future Kind To Mind endeavors.

Specific Initiatives

In Conversation With Kind To Mind - Emma sits down with professionals and unique individuals to discuss areas of interest such as Gender and MH, Sex and MH, Spirituality and MH, Fitness and MH, Cannabis and MH and many more.

Men's Corner - An area for men to discuss their wellbeing away from the spotlight of toxic masculinity and societal pressures as well as a monthly email newsletter.

Write Against Wrong - Planning to launch in 2022, this initiative engages prison inmates around the UK to write for the Kind To Mind blog and engage in improving their emotional wellbeing.

www.kindtomind.org
emmalyddon@kindtomind.org

We focus on four key areas of mental health - Depression, Anxiety, Eating Disorder's and Addiction.

Who We Are

Emma Lyddon is the founder of Kind To Mind and oversees the curation of content and hosting of live events with the amazing support of the following volunteers.

Connie Millar - Lead Content Creator
Gavin Duncan - SEO Wiz and Content Creator

Amy Gunn - Content Creator
Emma Dearling - Still Life Illustrator
Anthony Bataille-Grimaud - Portrait Illustrator

Mario Gambardella - Men's Corner Illustrator

What We Do

(In addition to the Kind To Mind Toolkits)

ONLINE CONTENT

Through our blog, website resources, Instagram, Facebook Page and You Tube Channel we fuel the conversation of how individuals can improve their emotional wellbeing

TALKS, WORKSHOPS AND COACHING

With our wide range of skills, qualifications and experiences, members of the team deliver talks and workshops all over the UK to empower personal development. We have worked with organisations such as Samaritans, Mind and Concordia UK. We also offer 1:1 Coaching on bespoke areas of individuals' wellbeing. Get in touch for more info.

MISSION STATEMENT

We pride ourselves in producing content that is based on personal experience and integrity. We strive to bring home wellbeing tools and techniques to those who struggle to get professional support. We pride ourselves in the diversity of our team of volunteers who are committed to breaking down the stigma of mental illness. We strive to keep fuelling the conversations about mental health issues and reduce the stigma faced by those with mental health struggles.

Thank you for your support.