

I would like to become a Friend of Suffolk Mind and commit to the pledge.

Signature _____

Title: _____

First Name _____

Surname _____

Address: _____

Postcode: _____

Email: _____

Telephone: _____

Thank you for committing to our pledge.

Please return your completed form and return to us in an envelope marked

FREEPOST Suffolk Mind

(You do not need a stamp, but using one helps us save funding)

0300 111 6000

friends@suffolkmind.org.uk

suffolkmind.org.uk



Mental wellbeing for all

Registered Charity No 1003061

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**FRIENDS OF
Suffolk Mind**

***Join us in making
Suffolk the best place in
the world to talk about
and take care of
mental wellbeing.***

Friends of Suffolk Mind is a network of people who have promised to find out how important mental health is and how to look after it.

Becoming a *Friend of Suffolk Mind* is a small step that could make a huge difference in your life and the lives of people you care about.

It's free to join, all you have to do is commit to our pledge and complete and return the form to

FREEPOST Suffolk Mind.

You can also join online at suffolkmind.org.uk/friends.

“**Becoming a Friend of Suffolk Mind is one way that you can begin to make your mental health a priority, and create a life that meets your needs, and helps others meet theirs.**”

“**Please sign the pledge and become a Friend of Suffolk Mind**”

ANNA HUGHES, CEO

Friends of Suffolk Mind Pledge

“I understand that we all have mental health and I pledge to find out more about it, to look after my own mental health, and to promote mental wellbeing at every opportunity – at work, at home and through the organisations I interact with”.



When you join Friends of Suffolk Mind you will receive:

- A regular newsletter with information and practical tips
- Invitations to Friends events at our special Quay Place heritage and wellbeing centre
- Free access to Suffolk's Needs Met sessions that introduce the way we look at mental health, through emotional needs and resources
- Information about mental wellbeing courses and training.
- Opportunities to share your mental health story