



For better  
mental health

## About Mind

Mind is the leading mental health charity in England and Wales. We work to create a better life for everyone with experience of mental distress by:

- advancing the views, needs and ambitions of people with mental health problems
- challenging discrimination and promoting inclusion
- influencing policy through campaigning and education
- inspiring the development of quality services which reflect expressed need and diversity
- achieving equal rights through campaigning and education.

In all our work we promote our values: autonomy, equality, knowledge, participation and respect.

Mental health problems can affect anyone, rich or poor, young or old, shattering the lives of those affected and the lives of the people close to them. One in four of us will experience a mental health problem at some point in our lives. Each year more than 250,000 people are admitted to psychiatric hospitals and over 4,000 people take their own lives.

## Mind's Mission

### Our purpose

Mind is the leading mental health charity in England and Wales, working for a better life for everyone with experience of mental distress.

### Mind does this by:

- advancing the views, needs and ambitions of people with experience of mental distress;
- promoting inclusion by challenging discrimination;
- influencing policy through campaigning and education;
- inspiring the development of quality services, which reflect expressed need and diversity;
- achieving equal civil and legal rights through campaigning and education.

**Values and principles** The values and principles which underpin Mind's work are: autonomy, equality, knowledge, participation and respect.



## Bristol Mind Mission Statement

Bristol Mind promotes a positive view of mental health and aims to provide services that are user focused and empowering. Our vision for the next 5 years is to expand services according to expressed need and to continue to campaign against stigma and discrimination to be a catalyst for change

## Aims

1. To be a resource for all people in Bristol who identify themselves as having mental health or emotional support needs
2. To be at the centre of a collaborative partnership of innovative working
3. To develop the organisation in order to deliver high quality services
4. To promote positive mental health and views of Mental Health

## Objectives

- 1.1 To offer a user focussed monitoring project (UFM)
  - 1.2 To offer a drop-in facility
  - 1.3 To offer advocacy
  - 1.4 To provide a range of information services
  - 1.5 To develop a public access mental health resource centre for Bristol
  - 1.6 To offer volunteer opportunities underpinned by good practice
  - 1.7 To deliver Mindline
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- 2.1 To offer informal support to user groups
  - 2.2 To work in partnership to deliver services, access people and share information(Drop-ins etc )
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- 3.1 To develop effective management of the organisation
  - 3.2 To improve good employment practice across the organisation
  - 3.3 To ensure effective administration throughout the organisation
- 4.1 To play a proactive role in campaigning
  - 4.2 To attend and contribute to forums to promote positive change

## Values

User Focused

Non-judgemental

Equality of opportunity and to work within anti-discriminatory practice

Being supportive and collaborating both internal and external

To deal with all our values sensitively and intelligently