



1 in 4 people in the UK has experienced a mental health problem, Mental Health UK won't stop until everyone has the tools they need to live their best possible life.

Mental Health UK brings together the heritage and experience of four charities from across the country who've been supporting people with their mental health for nearly 50 years.

With their local service delivery and national expertise in supporting people whose lives are affected by mental health problems, they have been able to mark a significant footprint in the areas that deeply challenge our mental health and stability.

They provide support and services for some of the biggest societal challenges that pose a threat to people's mental health, including money problems, navigating through the system to get the right support, understanding mental health, loneliness and isolation, and resilience in young people.

If you or someone you know has been diagnosed with a mental health condition you may be looking for more information.

Click on the Mental Health UK logo at the top of the page to learn more about a variety of symptoms and treatments, clearly and simply.

