

Buckinghamshire Mind Text to Donate Appeal

For 1 in 4 of us, every day is a fight.

I couldn't get out of bed.

I didn't want to see anyone. I didn't want to feel anything.

I felt like I was drowning.

I was at my lowest, but finally someone could help.

It all started with a call.

They gave me the information and advice to help me cope with my feelings.

With Mind in your corner, you're always supported.

And that is thanks to people giving money to answer a call.

People like you.

No-one should fight alone.