



Mr Graham Shapiro
The Graham Shapiro Foundation
Graham Shapiro Design Ltd
Tudor House
73 Welsh Row
Nantwich CW5 5EW

Friday, 11 November 2022

Dear Mr Graham Shapiro,

On behalf of the Mental Health Foundation, I would like to thank The Graham Shapiro Foundation for their generous support in the 2021. Together, we have helped to improve people's mental health. Please find enclosed an overview of our latest life-changing work to prevent mental health problems.

This year, around 16.8 million in the UK will experience a mental health problem

The UK is at a breaking point. Coronavirus (COVID-19) and the cost of living have pushed millions of people into a mental health crisis. Health inequalities are exacerbating this. Resulting in young people, refugees, ethnic minorities and those in deprived areas having the highest risk of mental health problems. **By working together, we can change this so all people and communities can thrive.**

Our mission is to help people in the UK to survive, recover from and prevent mental health problems. We do this by embedding ourselves into at-risk communities to deliver preventative interventions. Alongside this, we increase mental health knowledge, tackle stigma, advance research and campaign for change.

Thank you
Yours sincerely,

Sarita Aujla
Grants Manager

Phone: 0207 803 1184

Email: saujla@mentalhealth.org.uk

020 7803 1100 mentalhealth.org.uk info@mentalhealth.org.uk
Twitter: @mentalhealth Facebook & Instagram: @mentalhealthfoundation
Unit 2, 197 Long Lane, London, SE1 4PD

