

# How your donations make a difference

A donation of **£5** pays for an **information pack** to raise awareness and break down the stigma of mental health in schools.

A donation of **£15** ensures a **Helpline Volunteer** is on the end of the phone to provide information and support to distressed parents.

A donation of **£30** will support **training for a Young Activist** to have the skills and confidence to speak out about mental health issues.

A donation of **£40** enables **parents and carers** to get the **advice and support** they need to improve their child's mental health through our **Parents Helpline**.

A donation of **£45** gives a parent or carer a **50-minute telephone call** with a **qualified mental health professional** who can provide clinical advice and guidance.