

Thank You Institute of Insurance Norwich Presidential Fundraising

60% of adults and young people who did not experience mental health issues before the pandemic are now struggling. At Norfolk and Waveney Mind we believe that no-one should face a mental health problem alone – we offer essential support across Norfolk and Waveney, providing a diverse range of services including counselling, wellbeing courses, and crisis support.

“On behalf of Norfolk and Waveney Mind I would like to express my sincere thanks to The Insurance Institute of Norwich for raising a fantastic £838 for the charity. Your ‘Miles for Mind’ challenge and the monies you raised will ensure that we can make a big difference to people living with mental health problems in Norfolk and Waveney.”

– Beth Twite Fundraising Manager



How INN Presidential Fundraising Will Make a Big Difference

£800 could pay for 5 specialist training courses for our suicide liaison workers

£250 could pay for 12 counselling sessions

£100 could pay for 5 sessions with a trained suicide liaison worker

Spotlight on SAIL



Our SAIL (Support After Immediate Loss) project offers support for people who have been bereaved by suicide.

Those bereaved by suicide are significantly at risk of dying by suicide compared to the general population. Hence, the importance and need of this project.

It greatly focuses on supporting an individual in the immediacy of their loss, both emotionally and practically. Our liaison worker will be able to reach out to offer support within a 4 –day period of the referral.

Thank you once again!

Beth Twite- Fundraising Manager beth.twite@norfolkandwaveneymind.org.uk