

Mind Aberystwyth Mission Statement

Our vision is a community that promotes and protects good mental health for all, and that treats people affected by mental distress fairly, positively and with respect.

The needs and experiences of people affected by mental distress drive our work and we make sure that their voice is heard by those who influence change.

We provide information and support and develop local services for people affected by mental distress, including their carers, family, friends and supporters.

Through the service we provide, we seek to make it possible for people affected by mental distress to live full lives, and play their full part in society.

Our Values:

Informed. People with experience of mental distress drive all we do.

Diversity. We respect everyone's experience and inclusion is at the heart of our work.

Partnership. We are committed to working with Mind and its networks, with our local network and all who will help us achieve our mission.

Integrity. Our independence ensures our integrity – we are never compromised.

Determined. We will never give up challenging discrimination and campaigning for better mental health.

Public Benefit and Aims:

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives, and in planning our future activities. In particular the Trustees consider how planned activities will contribute to those aims and objectives. We work to create a better life for everyone with experience of mental distress by:

- Advancing the views, needs and ambitions of people affected by mental distress, including carers,
- family, friends and supporters;
- Influencing policy through our involvement in the planning, development and review of local mental health services;
- Challenging discrimination and promoting inclusion;
- Developing quality services which reflect expressed need and diversity;
- Achieving equal rights through the creation of opportunity;