

# Mission Statement

As a charity Mind Aberystwyth's objects are:

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment in Wales in association with MIND (the National Association for Mental Health) (Hereinafter called "MIND") and in accordance with aims and objects of MIND.

## We're Mind, the mental health charity

### Our vision

We won't give up until everyone experiencing a mental health problem gets both support and respect.

### Our mission

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

### Our values

#### Open

We reach out to anyone who needs us

#### Together

We're stronger in partnership

#### Responsive

We listen, we act

#### Independent

We speak out fearlessly

#### Unstoppable

We never give up