



IMPACT REPORT



January 2023 - March 2023

THANK YOU!
£1,460 RAISED BY
FUTUREHEADS FOR Q1 2023

Therapy Vouchers



Beder will be launching Beder Therapy Vouchers, in partnership with Mindler, in time for Mental Health Awareness Week which will provide people with free access to therapy.

As part of the initial launch, Beder will be offering up to 3 x 50 minute sessions to a minimum of 150 people and one year's membership to Mindler's iCBT self care platform to an additional 100 people.

Through Mindler's app, the collaboration will see participants meet with a psychologist via video calls and/or complete iCBT exercises in the mobile app to provide support in looking after their mental health.

Beder recognises that collaborative leadership is necessary to conquer the stigma surrounding mental health and suicide.

Beder wants to help people overcome the typical barriers to entry when it comes to accessing therapy such as it being unaffordable and lengthy wait times, so hopes Beder Therapy Vouchers can be the start of an impactful initiative.

Therapy Vouchers

To support Beder Therapy Vouchers, a donation of:

£39.99 - will provide someone with a year's access to the self care platform

£80 - will provide someone with a 50 minute therapy session

£250 - will provide someone with 3 x 50 minute sessions and a year's access to the self care platform

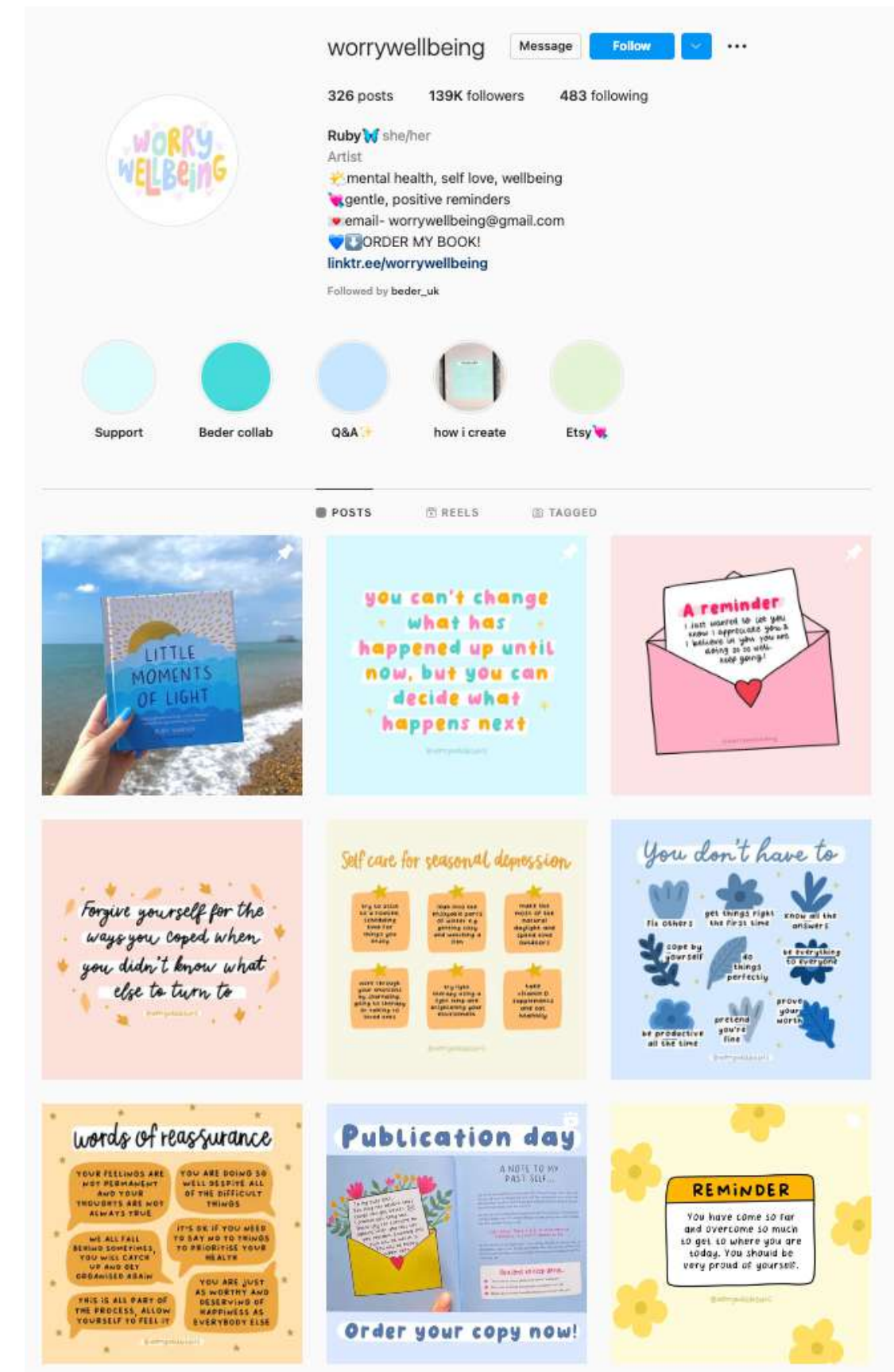
We have allocated **£1,250** of your donations for Beder Therapy Vouchers.



WORRY WELLBEING

140k followers

Beder partners with Worry Wellbeing to create bespoke, popular and shareable content around mental health and suicide prevention for social media and Beder partners to share.



WORRY WELLBEING

Thanks to your donation we have been able to reach thousands of people through these creative posts from Worry Wellbeing alone that offer tips and support around mental health & suicide prevention on social media.

Worry Wellbeing x Beder is some of our best performing content.

From October to December - 15 organic posts reaching over 400 likes and reaching over 12500





Thank you for your generous and continued support.

Your donations allow us to continue to take steps to overcome the fear and stigma surrounding mental health and suicide prevention whilst doing good in Beder's name.



If you haven't already, please follow us on @beder_uk and visit
www.beder.org.uk for more information



Beder is a registered charity in England and Wales (No. 1187475)