

A close-up photograph of a man and a young girl. The man is on the left, shown in profile from the nose down, looking towards the girl. The girl is on the right, looking up at the man with a slight smile. She has long, light brown hair and is wearing a red, white, and grey plaid shirt. The background is a plain grey wall with a framed picture partially visible.

YOUNGmINDS

Leaving a gift in your Will

Thank you for considering to leave a gift to help children and young people in your Will

Planning your Will is an excellent way to support the people you care about. By leaving a gift to YoungMinds, you are ensuring that we too can continue to support some of our most vulnerable children and young people, helping them to realise a future where they can thrive. Our work saves lives and you can help us to do that for many years to come.

Your gift will help us to plan for the future, creating and delivering the projects, resources and tools for young people, parents and professionals, enabling our children and young people to grow up to become happy, emotionally healthy adults.



Why children and young people need your support

Far too many of our children and young people are struggling to cope with their mental health problems and it can be really hard for them to get the support they need. The mental health of our children and young people is in crisis. Young people face a huge range of pressures, including stress at school, body image issues, bullying on and offline, around-the-clock social media and uncertain job prospects. This takes its toll on emotional wellbeing: approximately 850,000 children suffer from a diagnosable mental health problem such as depression or anxiety, and many more suffer in silence because of the stigma surrounding mental health.

The consequences of mental health problems in children can be devastating and long-term, and with more than half of mental health problems appearing in children before the age of 14, it's vital that we act early to ensure that young people get the right support.

What we do

We empower children and young people

We support parents and carers

We train and support professionals

We make mental health information accessible

We change attitudes and policies

Our message to young people is that if you're finding life difficult, you're not alone. We are a lifeline to children, young people and their parents. We help them through the most difficult and dark times in their lives. We work so hard to reach and help children and young people in so many ways and your support can help us to do this for many years to come.

Our plans for the future


More children and young people need our help than ever before. We will work alongside children and young people to campaign, research, influence, change policy and practice and initiate pioneering, innovative projects. We will provide expert knowledge about mental health to young people, parents and professionals through our Parents Helpline, online resources, training, and youth engagement programmes.

We cannot do this alone and our supporters are vital to our vision of a better future, where children and young people get the help and care to get better, to thrive and to live the happy and fulfilled lives that we all want for our children. Your gift can help us to create that future.



Katie's story

Katie, a YoungMinds activist from Leeds, is just one of the young people that we have helped.



"Working with YoungMinds really helped with my recovery as I was with people who understood what it felt like, and didn't judge me if I was ill, or feeling a bit rubbish some days. I've made some lovely friends whilst doing something I enjoyed, and I can't wait to use what I've learnt from YoungMinds to help in my future career as a Mental Health Nurse!"

Katie, 21,
a YoungMinds activist

We are so proud of our work, and we want to involve you too so that more young people like Katie are able to plan a better future for themselves.

Types of gifts you can leave in your Will

A share of your estate

This is the gift of all (or part) of the value of your estate, after debts, liabilities and other legacies have been paid. This type of gift is also known as a residuary legacy.

A fixed amount of money

This is essentially a cash gift, also called a pecuniary gift.

A gift in kind

The gift of a specified item, which could be property, a painting or a piece of jewellery for example.

A gift in trust

This allows you to provide for your loved ones whilst also benefiting YoungMinds. Also known as a reversionary gift, you can leave everything to them to enjoy during their lifetime, and once they pass away the legacy you have left in your Will is then given to YoungMinds as your chosen beneficiary.



How to include YoungMinds in your Will

It is always advisable to consult a solicitor to make sure that your Will is valid and legally binding. If you do not have a solicitor you can find one by calling The Law Society on 020 7242 1222 or go online at www.lawsociety.org.uk. Alternatively, most banks and some other types of professional adviser such as accountants can assist you to make your Will. If you do have an existing Will, your solicitor can easily draw up a new one or amend it by including a codicil.

The following steps can help you in making your Will:

1. Assess the value of your estate. Make a list of what you own and roughly what their values are. Next subtract any debts and this will give you the value of your estate.
2. Make a list of who you want to give something to.
3. Choose your executor(s). An executor is someone who will ensure that your wishes are carried out after your death. The task may be time-consuming, so you should consult them first. You can name up to four executors, but many people name two executors.
4. Decide what type of gifts you want to leave.
5. Check if you'll have to pay Inheritance Tax – the threshold is currently £325,000 for an individual, or up to £650,000 for a married couple or a couple in a civil partnership. The rules aren't straightforward on inheritance tax and you may wish to seek professional advice.
6. Visit your solicitor who will discuss the specifics of your Will prior to drafting it.
7. Keep your Will in a safe place.

Below is a sample of the form you may wish to take to your solicitor, this will assist in including a gift in your Will to YoungMinds.

I _____ (full name)

of _____

_____ (address)

Declare this to be a codicil to my Will dated DD / MM / YYYY

In addition to any legacies given in my said Will I give YoungMinds, of Fourth Floor, India House, 45 Curlew St, London, SE1 2ND, registered charity number in England and Wales 1016968 and in Scotland SC39700, a _____ (percentage) share of* my estate to the sum of £_____ * and/or _____ * (a specific item) to be used for its general charitable purposes and I direct that the receipt of the duly authorised officer shall be valid and appropriate form of discharge.

**Please complete as required and cross out those options not required before taking this form to your solicitor.*

In all other respects I confirm my said Will and all other codicils thereto.

Signed _____

Signed by the above named in our presence and witnessed by us jointly in his/ her presence

Witnessed by:

Signature _____

Name _____

Address _____

Occupation _____

Date DD / MM / YYYY

Witnessed by:

Signature _____

Name _____

Address _____

Occupation _____

Date DD / MM / YYYY

If you have already included a gift in your Will towards our work, or decided that you would like to in the future, please let us know by filling in the form below.

You can use this form to update your details, request more information or let us know your intentions. Please return it to: The Fundraising Team, YoungMinds, Fourth Floor, India House, 45 Curlew Street, London SE1 2ND

Title _____

First name _____

Surname _____

Address _____

Postcode _____ Telephone _____

Email _____ Date _____

There is no obligation to answer the following questions. Any information you give us will help us to communicate better with you in the future.

☐ I have already included a gift in my Will to YoungMinds

☐ I intend to include a gift in my Will to YoungMinds

☐ I would like to find out more about leaving a gift in my Will to YoungMinds.

Please...

☐ Call me

☐ Email me

☐ Send me more information on: _____

What has made you consider supporting YoungMinds in this way?

Have you or someone you know been treated or helped by YoungMinds?

☐ Myself

My _____

Any other comments you wish to make: _____

By submitting your personal information you agree to us recording your details on our database, so we can provide you with the best possible support every time you contact us. We will also contact you from time to time by phone, email, text or post to tell you about how we can support you and how you can get involved with our work. Your details will be kept securely and only shared with our suppliers or partners who work on our behalf or with us to deliver and improve our services. We never sell or swap your details with third parties. If you prefer us not to use your details in this way, you can email fundraising@youngminds.org.uk; telephone 020 7089 5050, or write to us at YoungMinds, Fourth Floor, India House, 45 Curlew Street, London SE1 2ND

Thank You

Thank you for considering making YoungMinds part of your Will. Without the generosity of people like you, we would be unable to continue helping children and young people suffering from mental health problems. We hope that one day all children and young people along with their families will receive the help they so desperately need. Until then, let's keep working together to create better lives for some of our most vulnerable children and young people.

If you would like to find out more about how to leave a gift in your Will to YoungMinds, or if you would like to speak to someone please just get in touch.

Email: fundraising@youngminds.org.uk

Call: 020 7089 5050 and ask for a member of the Community Fundraising Team

Write: YoungMinds, Fourth Floor, India House, 45 Curlew Street, London SE1 2ND





YoungMinds

Fourth Floor, India House
45 Curlew Street
London SE1 2ND

T 020 7089 5050

Parents Helpline 0808 802 5544

youngminds.org.uk

Registered charity numbers: 1016968 and SC39700
Company limited by guarantee number: 02780643