

# Review of 2025

Guernsey Mind is a mental health charity whose aim is to support the people of the Bailiwick, encouraging a positive attitude towards mental health and supporting mental wellbeing. Here are a few of the highlights from 2025 from our small dedicated team at Guernsey Mind...

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## Support

### Supported Self-Help

**310** initial Supported Self-Help assessments

**224** engaged with the programme  
Remainder signposted to other support

**The safe, understanding environment allows you to open up and work out together what the problems are and the tools to help you resolve them.**

**94.0%** had a reduction in feelings of anxiety

**88.8%** had a reduction in feelings of depression

**85.7%** had an improvement in mental wellbeing

### 298 Peer support, Group and drop-in sessions

at Shiloh Church and Lions Mind Centre including Art Group, Online Mindfulness Chronic Illness Art, and Sleep Workshops

## Guernsey Mind Centre

### Lions Mind Centre

Continues to be used as a community space for other local support groups and charities



Defibrillator fitted thanks to Saffery Rotary Walk



Rooms decorated and refurbished thanks to - Norman Piette, Only Fools & Donkeys and Specsavers



**4** new Guernsey Mind Board members, plus appointment of our new Chair Stephen Hare

## Workplace & Training

**147**



people trained as Mental Health First Aiders

**56** renewed as MHFAiders by doing the refresher course

Launch of **Community of Practice for MHFAiders**

**35**  
people



trained in Suicide First Aid

**39** workplace awareness and management training courses attended by

**707** people

**16** attended **Professional Boundaries** training

**10**

local businesses signed up as members of the Workplace Partnership



**461** Workplace surveys completed using the CoEfficient platform

## Workplace Events



Over **250** attendees



**3** face-to-face events and **3** online webinars with external subject experts

## Awareness



**700**

walkers for the **Gower Sunrise Walk of Hope**, raising awareness around suicide



**421**

for **Investec 10K Challenge** using new coastal route



Over **80** doggies

plus their humans took part in our first **Walkies** event sponsored by **Gravity**



## Guernsey Mind in the Community:

Jan	• <b>New Year's Day Swim</b> at the Imperial
Feb	• 'You are not alone' Awareness Session • <b>Time to talk day</b> stands at Coop
May	• <b>Liberation Day parade</b> with Guernsey Samaritans • <b>Ride Out for Morgan</b> 5th anniversary • <b>Lucy's Journey</b> Book Launch
Jun	• <b>Sunrise Walk of Hope</b>
Jul	• <b>Buxton Movers</b> running group • <b>Get Guernsey Talking</b> campaign
Aug	• <b>West Show</b> • <b>North Show</b> • <b>10K Challenge</b>
Sep	• <b>Powering Life for Less</b> Gsy Electricity event
Oct	• <b>GOSHA Conference</b> • <b>Walkies</b> event
Nov	• <b>Guernsey Institute Wellbeing</b> Event



A safe and supportive all inclusive community singing group. Performances included:

- Guernsey Eisteddfod
- Candie Gardens
- Castle Nights
- Christmas Lights switch-on



**Thanks**

We are only able to carry out our work thanks to the continued generosity of our community. Please accept our heartfelt thanks to everyone who has donated, volunteered, attended training, sponsored a fundraiser, or supported us in any way. Your commitment makes it possible for us to continue improving mental health in our community. We truly appreciate your support.

### PLUS...

- Healthcare Group monthly **Wellbeing Beach Cleans**
- Various presentations and awareness sessions