

# 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	• <b>'You are not alone'</b> 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</b> Conference • <b>Walkies</b> event
Nov	• <b>Guernsey Institute Wellbeing</b> Event

### PLUS...

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



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.