

Heads Together

Join Heads Together and we will keep you up to date with how we can all play our part in changing how we talk and listen to each other, and help each other find the support we need.

Sign up to our newsletter here: www.headstogether.org.uk/join

Heads Together is the Charity of the Year for the Virgin Money London Marathon 2017. If you have a ballot place and would like to join our team, please visit: www.headstogether.org.uk/run-for-heads-together

Heads Together is developing innovative projects to bring together the exceptional skills and expertise of our partner charities and others, to get more help to more people. To support visit: www.virginmoneygiving.com/charities/headstogether

"I'm 25 years old, I'm a proud mother of two, and I have battled with mental health and still do today. I'm not afraid to say it anymore. I've learned that it's just as important to look after my mental health as it is my physical health. For me, that meant admitting that I needed the help, and being able to go out there and get the support. I'm running the London Marathon and I'm going to raise as much money as I can to support families across the UK. I'll be playing an active role in the Heads



Together campaign, and I believe that by starting as many conversations as possible about mental health we can reverse the stigma, and therefore start a healing process."

[Shereece Foster](#),
London Marathon 2017 runner

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We are taking on stigma and starting conversations every day. Please follow us via our social channels, share our content and help us spread the word to change the conversation on mental health.

www.headstogether.org.uk

Heads Together is a campaign coordinated by The Royal Foundation of The Duke and Duchess of Cambridge and Prince Harry, registered charity no. 1132048



Heads Together



About Heads Together

Heads Together is a campaign being spearheaded by The Duke and Duchess of Cambridge and Prince Harry, which aims to change the conversation on mental health from fear and shame to confidence and support.

As well as tackling the stigma and fear of prejudice that prevents people talking, Heads Together aims to provide access to information and practical tools people need for themselves and others.

Heads Together has brought together eight inspiring charities with decades of experience in tackling fear and judgement, raising awareness, and providing help for people with mental health problems.

The Heads Together charity partners are:



“ LET'S ALL GET OUR HEADS TOGETHER AND LET'S CHANGE THE CONVERSATION, FROM ONE OF SILENCE AND SHAME TO ONE OF OPTIMISM AND SUPPORT. ”

The Duke of Cambridge

Best Beginnings



Best Beginnings works to give every child in the UK the best start in life. Supporting the mental health of pregnant women and new mothers has a direct and long lasting impact on women and also on their children's lives. This is why the charity is committed to help parents build their knowledge and resilience and also to have the confidence to seek help as soon as they need it.

CALM – The Campaign Against Living Miserably



Suicide is the single biggest cause of death in men aged under 45 in the UK. The Campaign Against Living Miserably (CALM) is a national charity dedicated to preventing male suicide by helping men who are down or in crisis, promoting culture change so that any man considering suicide feels able to seek help and campaigning for better understanding of suicide and prevention.

Contact (a military mental health coalition)



Contact is a collaboration of leading military charities, the NHS, the Ministry of Defence, UK Psychological Trauma Society and top academics working together to make the most effective mental health support easily accessible to Service personnel, ex-Service personnel and their families.

Mind



Mind supports millions of people every year through its helpline, information services and online communities. Mind also has a network of local Minds providing face-to-face services tailored to communities across England and Wales.

Place2Be



Place2Be provides in-school support to improve the emotional wellbeing of pupils, families and school staff, and expert training for professionals working with children. The charity helps children cope with emotional challenges so they can have brighter futures.

The Mix



The Mix is the result of the recent merger of two of the UK's leading youth support charities and currently reaches 2 million of people under

25 in the UK. It combines YouthNet's extensive digital reach and Get Connected's telephone helpline and counselling service. The Mix offers multi-issue support with a particular focus on mental wellbeing and creates opportunities through volunteering.

YoungMinds



YoungMinds is the UK's leading charity championing the wellbeing and mental health of children and young people. Driven by their experience, YoungMinds creates change so that children and young people can cope with life's adversities, find help when needed and succeed in life.

Anna Freud National Centre for Children and Families



The Anna Freud National Centre for Children and Families has been developing and delivering pioneering mental health care for over 60 years. Their aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment. They campaign for and create mental health services built around the needs and experiences of children, young people and their families and not around the institutions who deliver them.