**Mental Health Foundation: Info Sheet**

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| **What am I raising money for?** | Giving young people the tools to protect their mental health |
| **What does the charity do?** | The Mental Health Foundation is here for everyone’s mental health. Our vision is for a world with good mental health for all. Our mission is to help people understand, protect, and sustain their mental health. Prevention is at the heart of what we do, because the best way to deal with a crisis is to prevent it from happening in the first place. |
| **Link to YouTube video about the charity** | https://www.youtube.com/watch?v=YM0I\_09T1q4&t=4s |
| **Link to charity’s website** | https://www.mentalhealth.org.uk/ |