Supporting vulnerable people this Christmas

For some people, the festive period can be an extremely difficult time. With your help, it is possible to change that experience. Receiving free, confidential, emotional support is the best gift of hope for anyone struggling to cope with mental health problems.

Your kindness enables people to be supported and sustained 365 days a year; including during the festive period.

“I believe we can all make it if we get the right help, but the thickest lines of all are the cracks that people slip through on their way along the tightrope of their lives. It happens so easily but fixing it can seem so hard.”

By buying SANE Christmas Cards, you are helping to stop mental health stigma and raise awareness of mental health among your friends, family, and colleagues. Starting the conversation is the first step towards a more compassionate and caring society, where people with mental illness can receive the help they need to recover.

HOW TO ORDER

By Post:
Please fill in the order form, make your cheque or postal order payable to SANE or fill in your credit/debit card details. Send the order form using our freepost address. Please note that all orders must come to SANE:

SANE
FREEPOST
WDS28,
LONDON, E1 1BR

Online:
Please visit christmas-cards.org.uk/sane to order cards online

By Phone:
To place an order please call Rhiannon, Rochelle or Paul on: 0207 422 5544

Our Guarantee:
If you are not satisfied with any item that you have purchased, we will give you a full refund. Please contact us on 0207 422 5544 or email fundraising@sane.org.uk to discuss your order

Send a free pack of cards with orders over £15

Deliver:
Please allow 7 days for delivery. The last date for receiving orders is December 15th. Orders received after this date cannot be guaranteed to reach you before the final Christmas posting date.

Enquiries:
For any information regarding your order or for more Christmas brochures please contact us on 0207 422 5544 or email fundraising@sane.org.uk

SANE provides emotional support and specialist information to anyone affected by mental illness, including families, friends and carers.

One-to-one support is provided through our Helpline, Textcare and Email services. Peer support is provided through our online Support Forum; where people share their feelings and experiences of mental illness, as well as exchanging information about treatment and support options.

Helpline – 0845 767 8000 6pm -11pm
Email - sane.org.uk/what_we_do/support/email
Textcare - sane.org.uk/what_we_do/support/textcare
SANE Support Forum – sane.org.uk/what_we_do/support/supportforum

For more information, visit the SANE website at sane.org.uk