



I suffer with mental health problems, and through email and by sharing my blog posts which have resulted in talking to others in the same situation, SANE has helped me quite a lot. I am grateful for all that SANE does in raising awareness and helping us break the stigma of mental illness.



Send a Text Save a Life

Thinking of you... x



**“SANE and their Black Dog Campaign has my fullest possible support. What they are doing is wonderful and important.”**

**Stephen Fry**



Bless each and every one of you that have played such a big part in getting me through the difficult times. You are all amazing people and I feel that my life would have been over a long time ago without your help.

