



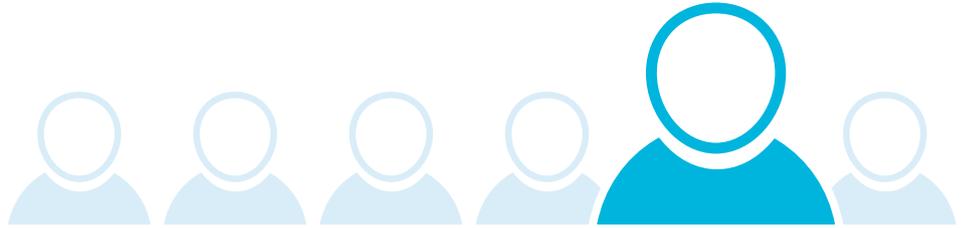
**A better future for people  
affected by mental illness**

**A gift in your will**

At any one time, around

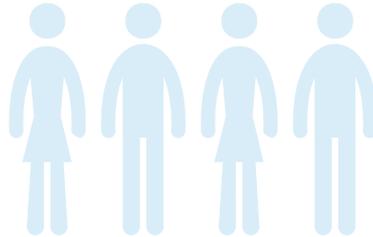
**1 in 6**

people are affected by a mental health condition



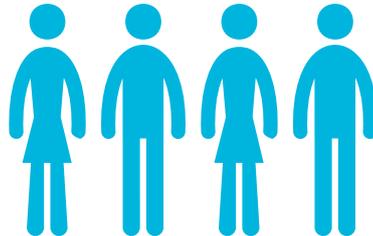
# Depression

is the leading cause of disability and ill-health worldwide



**Almost half**

of all adults will have at least one episode of debilitating depression



The economic and social cost of mental illness is



**£105 billion**

roughly the same amount spent on the NHS in its entirety

# Help us be there for everyone who needs us

**Hardly a week goes by without some shocking news about the crisis in mental health – bed closures, fewer qualified mental health professionals, tragic cases of lives lost as the result of a hugely overstretched NHS.**

At any one time, around one in six people are affected by a mental health condition – that's millions of people living lives often overshadowed by stigma, discrimination and fear.

SANE helps people affected by mental illness wherever they are in the UK. Every year our team of volunteers and mental health professionals provides more than 11,000 hours of time, guidance, information and emotional support. This is complemented by campaigning to improve mental health care and treatment services, and the facilitation of research into causes and treatments at our Prince of Wales International Centre for SANE Research in Oxford.

Gifts in wills help SANE to provide people with understanding, acceptance, empathy, compassion and hope. Putting the people who need us most first – in any way we can.

Thank you for thinking about leaving a gift to SANE in your will. This booklet explains everything you need to know. If you have any questions, please get in touch.

Remember, a gift doesn't have to be large to make a difference. Anything you give is important, appreciated and will help improve the lives of people affected by mental illness.

If you would like to talk to someone about leaving a gift to SANE in your will, telephone 020 3805 1761 or email [fundraising@sane.org.uk](mailto:fundraising@sane.org.uk)



Every year  
SANE provides over

**11,000 hrs**

of time, **guidance, information and emotional support** to people affected by mental illness.

# Steps when making your will

**1**

**Decide who will execute your will.** They will be responsible for ensuring your wishes are fulfilled. People often choose a family member and a solicitor to ensure nothing is overlooked.

**2**

**Calculate the value of your estate** using the enclosed estate checklist.

**3**

**Choose who you'd like to remember in your will** and how you'd like to remember them. Overleaf you'll find information on the types of gifts you may like to leave.

**4**

**Visit a solicitor to have your will drawn up.**

The Law Society can help you find local solicitors who specialise in wills: [lawsociety.org.uk](http://lawsociety.org.uk)

**5**

**Keep your will in a safe place** and tell your executors where it is.

Many people also choose to leave a copy in the care of their solicitor.

**6**

**Please share your intentions with us** using the enclosed form.

We'd like to be able to thank you. We promise that anything you tell us will be treated in confidence.

**If you already have a will and would like to leave a gift to SANE, ask a solicitor to help you complete a Codicil to store with your will.**

**Please ensure your solicitor includes the following information:** SANE is a charity (296572) and a company limited by guarantee (2114937) registered in England and Wales. Registered address: SANE, St. Mark's Studios, 14 Chillingworth Road, Islington, London, N7 8QJ.



# A gift for SANE, that's right for you

## Residuary gift

This is the remaining or percentage share of your remaining estate once all gifts to people you love have been made. This is the most popular gift people tend to leave to SANE because it retains its value over time.

## Pecuniary gift

This is a fixed amount of money. Please be aware that over time the effect of inflation may decrease the value of a pecuniary gift.

## Specific gift

This is a way to pass on cherished items to those you love. Items such as antiques, jewellery and artwork are typical gifts people choose to leave.

## Gift in memory

This is a positive way for family and friends to remember you and celebrate your life. You could ask people to donate to SANE at your funeral or remembrance service.

Every legacy we receive is important, appreciated and will improve the lives of people affected by mental illness.

We will do everything we can to honour your wishes. To ensure your gift to SANE is used where it will have the most impact, we ask you to leave it without specifying it be used for a particular area of work.



“ I have experienced schizophrenia and other mental illness in my family and know the impact it has on those who suffer.

I joined SANE, volunteering my help, soon after my late son's breakdown, and I know just how important it was to get expert guidance, support and understanding.

SANE is 100% funded by private donations and bequests. Anything you can leave is exceptionally valuable as it will enable SANE to continue giving others the help I received.

David Gladstone, Trustee





# My promise to people affected by mental illness

If you have left a gift to SANE in your will or would like to, please let us know. It will help us to plan for the future and we'd like to be able to thank you. Please be assured that anything you tell us will be treated in confidence.

Once complete please return this form to SANE using the enclosed envelope.

I am including a gift to SANE in my will. (please tick)

I would like to talk to someone about leaving a gift to SANE. Please contact me. (please tick)

Name

Address (inc. postcode)

Telephone

Email

Please use this space to provide any further information or to ask any questions you may have.

## Thank you for helping people affected by mental illness

SANE is a charity (296572) and a company limited by guarantee (2114937) registered in England and Wales.  
Registered address: SANE, St. Mark's Studios, 14 Chillingworth Road, Islington, London, N7 8QJ.



# Our promise to you

**A gift to SANE is special. It's your promise of a better future for individuals and families affected by mental illness.**

**A promise that means we can continue to put the people who need us first – in any way we can.**

**In return, this is our promise to you:**

- We will always respect your privacy. Anything you tell us will be handled securely and confidentially.
- It's your choice to leave a gift to SANE. We won't put you under pressure. It's an important decision, so please decide in your own time.
- Your will remains yours to make and change as you wish. We know that circumstances change. We'll understand.
- We'll answer your questions quickly and honestly, because we value our supporters.
- We will use your special gift wisely, where it will have the most impact.
- We are committed to a better future for everyone affected by mental illness. Your gift is in safe hands.

**At any one time, around one in six people are affected by a mental health condition.**

**With your help we can be there for everyone who needs us.**

**SANEline**

Someone to listen when you need to talk. The UK's only specialist mental health helpline supporting individuals, their families, friends and carers open out of hours, 365 days a year.

**Call-backs**

Personalised care when it's needed most. Guidance and psychological support from our team of experienced therapists, for those in need of longer term help.

**Textcare**

Tailored help at times convenient for you. Individual, personalised messages to help support and connect people, at times when they may feel particularly isolated or vulnerable.

**Support Forum**

An online community that's always available. Mutual peer to peer support from people who know what you're going through.





# Giving people the strength they need

**Fiona has lost count of the number of times she has had to call the police because her son was talking about taking his own life.**

He had been battling with mental ill-health for many years. Fiona and her family wanted to help, but did not know how. Everywhere they turned, nobody would speak about the effect his behaviour was having on the family.

One evening, after a particularly traumatic conversation, Fiona called SANEline and spoke to a volunteer who arranged a callback from SANE's psychotherapy team.

*"SANE called when, yet again, our son was in huge distress. Their psychotherapist spent 50 minutes talking to my husband and me about his symptoms and asked how we were coping.*

*"We were so relieved to be able to talk to such an understanding person, and so grateful to SANE for offering this amazing service.*

*It's invaluable, and it means so much to know that someone will take the time to explain terminology, the diagnosis and behaviour. Their psychotherapist continues to keep in touch, and the support we receive is giving us the strength to support our son along the long road ahead of him."*

**Mental illness can be frightening, leaving people lonely and distraught. Thanks to gifts given in wills, SANE is able to give comfort and confidence to people like Fiona.**

Featured throughout this brochure is the artwork of two talented people with mental illness:

**Bryan Charnley**

An artist who fought a long battle with schizophrenia and depression and sadly took his own life.



**Anthony Cleyndert**

A recipient of a SANE Arts Grant. In Anthony's words: '*SANE has been both my inspiration and safe haven*'



Bryan and Anthony's legacy will live on through their work.

**We hope your legacy can live on by leaving a gift to SANE in your will.**

For more information telephone **020 3805 1761** or email **[fundraising@sane.org.uk](mailto:fundraising@sane.org.uk)**



**SANEline: 0300 304 7000 | website: [www.sane.org.uk](http://www.sane.org.uk)**