



our impact

2022/23

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2022/23



7193

people supported
across Scotland
+ 9870 hours through Thrive

1897

people helped
through our
support line

Influencing policy
through the Mental
Health and Wellbeing
Strategy, National Care
Service and Scotland's
first Self-Harm Strategy

200

people received
quality mental
health training

470

one-off and regular donors
have donated to Change
Mental Health

**15
months**

is the average time
an individual
accesses support

374

individuals took
part in a fundraising
challenge

60

MSPs engaged
with