

Inviron champions better mental health whilst raising £20k for Mind

3 years ago



Throughout 2022, colleagues, clients and suppliers took part in a wide range of events to fundraise for [Inviron](#)'s charity partner, Mind. The technical facilities service provider raised an incredible £20,000 as they took on a variety of fundraising activities.

Discussing mental health, and helping those who need support, will continue to be a vital part of Inviron's wellbeing plan in 2023. Their vision is "To make our people feel valued and supported in the workplace, and for conversations about mental health to be a normal part of people's working day."

Supporting one of their Engineers, Inviron will also continue to promote Tim Cox's Bottled Up Blokes initiative which aims; To raise awareness and help to end the stigma surrounding men and mental health.

Rebecca Mayhew, Corporate Partnerships Officer at Mind, said, "We are so grateful to Inviron for supporting Mind as we help those of us affected by a mental health problem. A huge congratulations to everyone for their amazing efforts, whether that be through the step challenge, raffles, or the fantastic Three Peaks challenge. The money raised by Inviron will help support our services, like the mind Infoline, and the campaigning we do to ensure that the one-in-four of us who experience a mental health problem each year do not face it alone."

For more details about Mind and their available support services, please visit www.Mind.org.uk or call 0300 123 3393.