"Giving a voice to all people whose lives are affected by mental health."

Lamp Is Here To Help

Our free services are available in hospitals and in the local community across Leicester, Leicestershire and Rutland. Lamp has and always will be a champion for mental health. Our aim is for you to feel valued, listened to and more able to cope and to be able to access the services and support your needs.

We want to make you feel more valued, listened to and more able to cope and to be able to access the services and support your needs. We aim to achieve this through finding the right information, knowing your rights, understanding mental health, expressing your views and supporting carers.

16 MILLION

The amount of people in the UK experience a mental illness. That means

1 in 4

adults will experience a mental illness at some point each year.

"

IN ENGLAND

one in six people report experiencing a common mental health issue such as

anxiety and depression

in any given week. This works out to roughly 11 million people.

"

Overall, Lamp understands that mental health is complex and often invisible. As a champion for mental health, our aim is to help change attitudes and bring communities together.

Lamp wants to be central to this conversation.

So, if you feel inspired and motivated to make a difference, why not become a supporter or volunteer for Lamp?

Let's talk about mental health
lamp

Registered Charity Number: 702057

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