

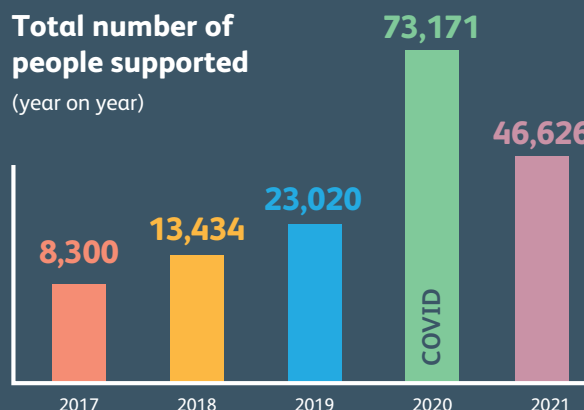
2021 IN NUMBERS

Throughout 2021
we supported over

46k
people



Total number of
people supported
(year on year)



Throughout 2021
we awarded

£1.7m
in financial grants
and services



HOUSING

174

grants helped 623 people (+40 % from 2021)
with £142k (+50 % from 2021) for rent arrears
and deposit



MENTAL HEALTH

3,244

people helped by our mental
health grants and services



69%

of calls to our helpline were for emotional
support and counselling. An increase
from 40 % the previous year



Almost
500
people booked a
place on our mental
health training
for managers

EMPLOYMENT SUPPORT

531

people helped with services
to improve their chances
of future employment



HEALTH

We helped

114

people who had
suffered through
ill health



EDUCATION

We have provided over

£620k

in education grants and
services to help 98 people
with vital education



MONEY

800

people helped with money
grants and services and
£153k awarded to help
those people avoid and
get out of debt



LTC app launched
for free download



Over

120k

people helped since
the start of COVID



Over

£3.3m

given in grants and services
since the start of COVID

Our FREE support
saves approximately

£4.5k

for the cost of an EAP for
a business with 1,000 staff
(estimated cost of EAP at £4.50 per head)



Growth in
awareness
increased
from 3.5 %
in 2017 to
19%
in 2021