

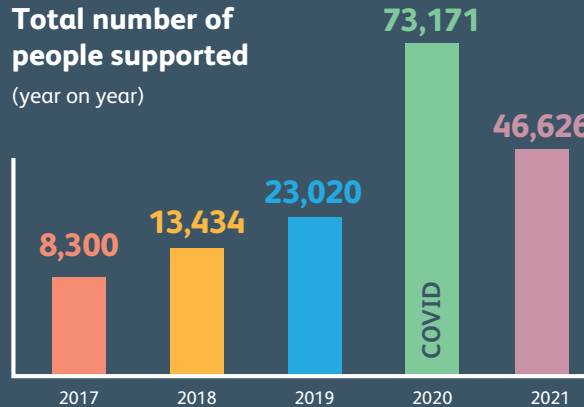
# 2021 IN NUMBERS

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 2020)  
with £142k (+50% from 2020) for rent arrears  
and deposits

## MENTAL HEALTH

**3,244**

people helped by our mental  
health grants and services



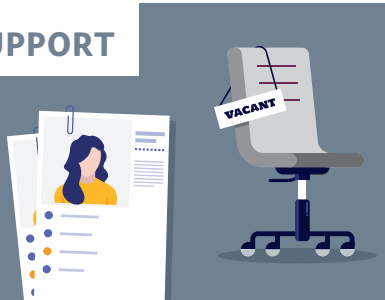
Almost  
**500**

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



**69%**

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

## 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