

Leave a gift with

LASTING IMPACT



YOUNGMINDS

About us

We are the UK's leading mental health charity for young people.

It takes courage to ask for help. But for many young people who do, the support they need just isn't there. Hundreds of thousands are struggling with their mental health, but too many are being told to wait, struggling to cope and hitting a crisis point before they get help.

But things can get better. And we're leading the movement for change.

We provide young people with the tools to look after their mental health. We empower adults to be the best support they can be to the young people in their lives. And we create opportunities for young people to get their voices heard and demand the change they want to see in the world.



Together, we can create a world where no young person feels alone with their mental health.

Leaving a gift in your Will

No one knows what's going to happen in the future – but by leaving a gift in your Will to YoungMinds, you're making sure we can be there for young people and their families, no matter what.

873,117

under 24-year-olds were in contact with mental health services at the end of May 2025.¹

That's 10% more than the same time the previous year. At YoungMinds we're determined to create a better future for young people. By leaving a gift in your Will, you can help ensure we're there for them when they need us the most.

The thought of writing a Will can feel overwhelming. That's why we've teamed up with Farewill, the UK's best rated Will writing provider to make things as straightforward as possible – and so you know you are in safe hands.

Through our partnership, you can write your Will for free and consider leaving a gift to YoungMinds.

¹ Statistic from NHS Digital, Published July 2025. 'Mental Health Services Monthly Statistics'.



Take the first step today. Together, we're fighting for the future young people deserve.

How your gift makes an impact

£219

could train one Parents Helpline Adviser to be at the end of the phone to provide information and support to a parent or carer who's worried about their child



£12,500

could help us reach 500,000 young people and parents with online mental health guides and advice

£29,000

could keep our Parents Helpline open for a whole week – ensuring the team are there for parents no matter what



What can I leave?

Leaving a gift in your Will is a meaningful way to make a lasting difference. It's entirely your choice what to leave and who to leave it to.

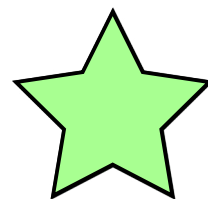
If you decide to remember YoungMinds in your Will, you can choose to leave:



A specific amount of money



A percentage of your estate



A particular item that holds value

There are three main types of gifts people commonly include in their Wills:

Pecuniary Gift

This means leaving a fixed sum of money to a person, loved one, or charity. It's a straightforward way of making sure a chosen amount goes exactly where you want it to.

Residuary Gift

This is when you leave a share, or percentage, of what's left of your estate once all debts, expenses, and other gifts have been dealt with. Many people prefer this option because it automatically adjusts with the size of your estate, so you don't need to keep updating the figure.

Specific item

This could be something valuable or sentimental, such as jewellery, a car, furniture, artwork, or even property. Leaving a specific item can be a very personal way of passing on something meaningful.

Writing a will can feel like a big decision, but it can also have a big impact. However, you decide to leave a gift, it's making a difference.

Our support for parents

Our Parent's Helpline is there for parents and carers when they don't know where to turn. The support and advice we provide has never been more vital.

38%

of young people say they feel most comfortable turning to a parent or carer when struggling with their mental health²

35%

of parents say that they worry they'll make things worse by talking about it²

30%

of parents and carers have avoided conversations altogether because they're unsure what to say²

Whether they're worried about their child or need advice about finding mental health support for them. Whatever their concern, our trained helpline advisers can offer tailored advice - and support parents to take the next step.

83%

of those who called felt more confident to support the young people in their life with their mental health³

77%

said they learnt something new they could try to help a young person in their life³

² Opinion Matters surveyed 2,000 parents and 2,000 young people (13-25-years-old) between 8-10 September 2025.

³ YoungMinds Parent Helpline, August 2025



“The person I spoke to was so helpful. She listened and signposted me to a wealth of other resources at a time when I was so distressed I had no idea which way to turn. For the first time, I felt as though there was someone out there for me – who could help me through all this.”

– Helpline caller

How to write your Will with Farewill

Writing a will can feel like a big decision, but it can also have a big impact. We've partnered with Farewill to help keep things simple.

You can write your Will online or over the phone. Start by answering a series of guided questions about yourself, your family, and what you'd like to happen to your money, property, and possessions. You'll also choose executors to carry out your wishes, and guardians if you have children under 18.

Once you've completed your Will, Farewill's specialists check it to make sure everything is clear and legally sound. When it's approved, you download or receive a printed copy. To make it legally valid, you must sign it in front of two witnesses who also sign.

After that, you just need to keep your Will safe and let your executors know where to find it. If your circumstances change, you can update your Will at any time.



Why Farewill?

- Farewill is the best rated Will writer in the UK, and has won multiple awards for their service, including National Will Writing Firm of the Year.
- Farewill's specialist team are available to help you with any questions you might have. You can call them on 020 8050 2686 or email hello@farewill.com.
- Farewill have created friendly and easy to use online guides to answer your questions, and help you prepare to write your Will - visit farewill.com/guides.
- You can update your Will at any time with their Unlimited Changes service.

Write your free Will online at youngminds.org.uk/giftinwill, or call Farewill on 020 8050 2686 to book a telephone Will appointment - just quote 'Young Minds Trust'.



“YoungMinds has throughout my depressions been something that gets me out of bed, it’s a reason to continue.”

– YoungMinds Activist

FAQs

When is the best time to make a Will?

It is recommended that you update your Will roughly every two years. This is to ensure that changes in your circumstances are reflected in your Will. These changes may include things like; having a child, a change in your marriage, civil partnership or relationship status, buying or selling property or a change in relevant tax legislation.

What happens if I change my mind?

You can update your Will if your situation changes. Farewill provide an Update Service on their Wills online, offering unlimited free updates for the first year, and £10 a year thereafter.

Are there any tax benefits to leaving a gift to a charity in your Will?

Usually, charitable gifts in Wills are exempt from inheritance tax. Currently, if you choose to leave more than 10% of your estate to a charity inheritance tax is reduced further. However, we recommend you speak to a financial advisor to discuss your individual circumstances. Alternatively, Farewill can support you with legal and inheritance tax help and guidance through their online Will writing service.

I'm not rich can I still leave a gift in my Will to YoungMinds?

Yes, absolutely! We are so grateful to anyone who would like to leave any amount to YoungMinds in their Will. Even a small gift will enable us to continue our vital work for young people.

How long does it take to write your Will through Farewill?

It can take as little as 30 minutes to write your Will through our partner Farewill. You can do it from the comfort of your own home, either online or over the phone.

Can I use this service if I already have a Will?

Yes, you can! You can make a new Will using Farewill's online Will writing service. You need to remember that once you have printed and signed your new Will alongside two witnesses you should dispose of your old Will to ensure your executors are not confused which Will is up to date.

It can take as little as 30 minutes to write your Will through our partner Farewill.

What about my family, can I support YoungMinds and provide for my family?

At YoungMinds we understand that you would want to prioritise your loved ones. After taking care of your family and friends a gift in your Will to a charity can help make a huge difference to a cause you care about.

If I use a free Will from YoungMinds do I have to leave a gift for YoungMinds?

No. While there is no obligation to include a gift in your will, we hope you will consider leaving a gift once your loved ones are provided for.

What if my needs are too complex for a standard Will?

Simple wills are covered through our Free Will Service for online and telephone.

If your estate is more complicated, or you have specific needs, you might need a complex will, which can be written through the telephone will service. Farewill will advise you if a telephone Will is more appropriate. Additional costs apply.

Can I write a Will with my partner?

Yes. Farewill offers couples Wills. Two completely separate Wills which give you the freedom to mirror your wishes where you like and you'll be able to keep some differences too.

Does the charity pay for this?

A gift in your Will to YoungMinds is vital in helping us change the future for young people. We provide supporters with the opportunity to write their Will for free through our partnership with Farewill. While we encourage you to consider leaving a gift, the charity covers the cost of the Will. Typically, the cost of a simple Will is £150-£300 and more complex Wills cost around £500.

I live in Scotland/Northern Ireland, how can I leave a gift in my Will?

Farewill's telephone services allow supporters in Scotland or Northern Ireland to write their Will. Unfortunately, we can't offer an online Will writing service for those in Scotland and Northern Ireland.

I have another question, how can I contact YoungMinds?

If you have any questions or would like any more information please contact us at giftsinwills@youngminds.org.uk and we would be happy to help you.

A gift in your Will to a charity can help make a huge difference to a cause you care about.

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YoungMinds. Registered charity in England and Wales (1016968) and Scotland (SC039700).