

We are working with the Harry Kane Foundation to inspire and transform a generation's thinking about mental health.

Join us in building a nation where positive mental health education and messaging helps people to live mentally and emotionally well so they thrive in life.

How are we doing it?

By putting true proactive prevention on the map. We are providing training and resources, designed to **nurture emotional wellbeing, mental resilience, and build psychological fitness**. These resources will be available in schools, workplaces and to a broader audience through the Harry Kane Foundation platforms and networks, with the goal of promoting positive mental health across all generations.

Why get involved?

There is an opportunity to support Bounce Forward and be a part of this exciting scale of change. Donations support us to disrupt how we think about mental health and success as a nation. **In return we'll help your organisation to use the science of psychological fitness as a key driver for success amongst your employees.** You can help make a real difference that matters to the world.

Positive mental strength for all

£5,000 - £20,000

- 4-12 secondary schools equipped with evidence-based life skills curriculum, Healthy Minds.
- A lunch & learn session for your employees to help think about how they can build mental resilience and apply the skills for themselves.

£30,000 - £45,000

- 15-30 secondary schools equipped with evidence-based life skills curriculum, Healthy Minds.
- 100 gifted Raise Resilience places to parents - a genuine source of comfort for parent employees; "you're only as happy as your unhappiest child."
- A series of sessions aimed at all employees so they understand the impact first hand.

£100,000 +

- Collaborate with us to pivot our growth and support scale.
- Select leaders to take part in the Resilient Leaders programme, two high energy modules, delivered over 4 days.
- Enable employees and deliver authentic corporate social responsibility that counts.

What needs to be changed?



28% of UK employees either left their job in 2021 or were planning to leave it in 2022, with **61%** of respondents saying this was due to poor mental health



Mental health problems cost the UK economy at least **£117.9 billion annually**



3/5 parents worry about their child's mental health. **Unhappy parents do not make productive employees**

Harry Kane Foundation (HKF) launched on World Mental Health Day in October 2022 with a long-term goal of transforming a generation's thinking about mental health. The purpose of HKF is to help normalise conversations around mental health, tackle stigma and promote positive habits that build mental resilience and emotional wellbeing. HKF is committed to working with chosen partners, experts and organisations to enable awareness, educational tools, and support services.