

OCT
2023

ONE
STEP **BORDERS**

**SAVE
OUR STAFF
CAMPAIGN**



Who are we?

We provide much needed support, information and advocacy for young people's mental health as part of our mission to ensure young people have access to free quality support at a crucial time in their lives.

1 in 4 young people are diagnosed with a mental illness - that's over 2500 here in the Borders - many struggle without diagnosis.

We have been running since 2015 and our current funding allows us to facilitate 97 hours per week of support hours, seeing 76 young people on average.

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Why campaign now?

We are facing a MAJOR funding gap due to increased competition for funding, and tighter limits on funding pots.

We need to raise £5000. The cut in funding we are facing would drop our support hours from 97 to 42.

Our capacity to support young people in the Scottish Borders will drop by 23 per week, even though our waiting list consistently sits with around 12 people waiting for support.

Last year we supported 251 referrals through 1054 support sessions with 5 members of staff.

We need to raise £5000 to save our staff, at their current level, for 2 months.

**every £5000 we raise
secures 100 free support
sessions for young
people who are
struggling**



What can I do?

If you have a fundraising idea please get in touch, and we will support you- please email alex@onestepborders.info and we can get you set up with a sponsor form and support.

Help us spread the word - share our campaign posts, talk about our campaign and donate if you are able to. Details of how to donate will be released soon.

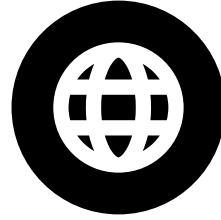
Our campaign will run throughout October.

**our staff are
key to they
support we
provide - help
us to keep
them**



What can I do?

Follow us on social media and keep up to date on our website - click the icons to visit!



**Waiting times
for other
support are in
excess of 21
weeks, with
some waiting
as long as a
year**

