

# Legacy Giving

As you read this, around 1 in every 10 children has a diagnosable mental health problem.

## Remember the Anna Freud Centre

### Why our work matters

Violent crime. Substance abuse. Self harm. Eating disorders. School truancy. Mental health issues among children and young people have a direct impact on society's greatest problems. Left untreated, these problems persist into adulthood and pass on to new generations when these children become parents themselves.

Young people do not simply grow out of these problems. They need help. The economic and social costs of leaving them untreated, as well as the costs to people's happiness and wellbeing, are simply too great to ignore.

Here at the Anna Freud Centre, a national charity dedicated to the emotional wellbeing of children, we're working to ease these formidable problems. We transform the lives of children by developing new treatments, finding out what works, then sharing our findings with others. This is what makes us unique - we combine treatment, research and training.

### How you can help

Our annual costs add up to £4.3 million. We earn income from training courses and contracts for services, but we need to raise £1.8 million a year in grants and donations just to maintain our existing projects. It can cost as much as £10,000 to work with a vulnerable young person and their family for one year. The alternatives are far more expensive to society, as it costs £200,000 per year to place a child in residential care.

Here's what your financial help could provide:

- £320 will provide immediate support for a family in crisis through our telephone service
- £920 per month will fund our outreach work with parents and young children at a homeless hostel
- £1,500 will pay for one family to work together to address their problems

- £18,000 will provide emotional support for the children in one primary school for one year
- £80,000 will run our brain imaging (EEG) lab for one year

### Remember the Anna Freud Centre in your Will

Whether you are writing a will or updating an existing will, including the Anna Freud Centre can improve the lives of children and families for years to come. You can specify which area of our work you would like your gift to support and we will make every effort to see that this happens. You may also remain anonymous in this gift. Please contact your solicitor or the Anna Freud Centre to inquire about how to make a long lasting legacy gift.

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