



NEIGHBOURS

Closer than you think.

Charity Publication



NEIGHBOURS



About Us



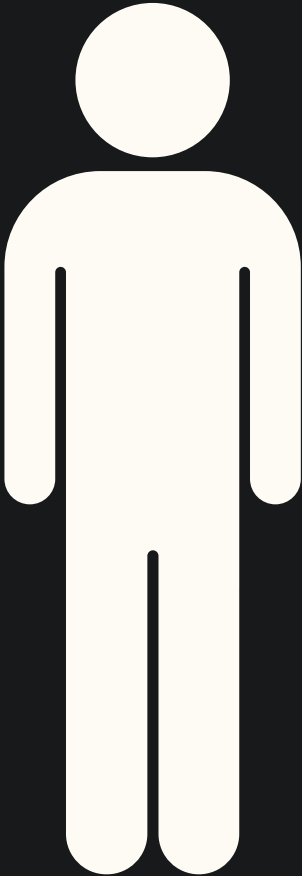
Neighbours is a mental health charity rooted in the values of the Good Samaritan parable, an account that highlights compassion across social divides, offered not from obligation but from a recognition of shared human dignity. As the man was carried on the back of the donkey, this image is subtly echoed in our logo through the perspective of the passenger, symbolising the often-overlooked power of gentle, practical care - ordinary journeys that carry extraordinary significance.

Today, we continue that journey through taxis, accessible, familiar vehicles offered freely to those experiencing mental health challenges. Our drivers provide more than just transport; they offer space to talk, rest, or simply be, without judgement, pressure, or expectation.

Too often, people struggle quietly, feeling unseen or unsupported. Neighbours works to shift that. We're here to open space for conversation, raise awareness, and encourage a culture where looking out for one another becomes part of everyday life, not out of duty, but out of the belief that anyone in need is someone we're called to stand beside.



Our Why



in 4

experience mental health issues each year.

in 6

experience common mental health problems in any given week.

in 5

have suicidal thoughts.

in 14

self-harm.

in 15

attempt suicide.

60%

of adults do not seek any help.

Behind the statistics are real people - friends, neighbours, colleagues, each carrying unseen struggles. Understanding the scale of the issue is the first step towards a more compassionate and responsive society.

They're **closer than you think.**

Our Audience



We exist for anyone facing mental health challenges, whether on-going or in moments of acute difficulty. Many of those we reach are suffering in silence, unsure where to turn or how to begin. For them, we are a service driven by love - built to meet people where they are, without judgement, and offer genuine care, one journey at a time.

If you are struggling alone;
Neighbours is closer than you think.

Our Mission



Neighbours exists to challenge the stigma surrounding mental health by fostering a culture where openness, empathy, and active concern for others become part of everyday life. Our goal is to shift societal attitudes, so that mental health is no longer met with silence or shame, but with understanding and care.

We are called to love our neighbours as ourselves, not in theory, but in practice, responding not with hesitation, but with heart. And often, those in need are **closer than you think.**

Our Service



A to A

A to B

A to B to C

We operate a flexible, no-cost transport service, whether that's a ride from one place to another, or simply a loop around the block to clear your head. It's not about the destination; it's about creating time and space to slow down, talk, or just breathe.

It's a ride, but really, it's a break.

Our Helpline



**NHS
111**

Call the NHS helpline 111, for non-emergency situations, regarding your mental or physical health.



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Call Neighbours, or dial 0800-1037, and we will send you one of our taxis to you right away.



**EMERGENCY
999**

Call the emergency helpline 999, for critical and urgent emergencies, including suicide and self-harm.

Call us on one of our public phones, situated in one of our break-rooms - we'll come to you.

We'll drive you somewhere, or nowhere at all. Talk if you'd like, or just take a quiet moment.

Help is closer than you think.

Get Involved



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Talk to us on one of our helplines
at 1 Granary Square
or dial 0800-1037



We're closer than you think.

This charity began with a simple belief: that love and care for our neighbours should be lived out in practical ways. Whether it's checking in on someone you know is struggling, offering a lift, or simply listening, small acts can carry great weight. You don't need a badge or title - just a willingness to be present. However you choose to help, it matters.

1. Donate

Your financial contributions directly fund the operation of our free taxi service. Whether it's a one-time gift or a monthly pledge, every donation helps us reach more people who might otherwise suffer in silence.



2. Host a Public Phone/Referral Point

Expand our reach by partnering with Neighbours to install or host one of our public helpline phones at your place of business, community centre, or organisation. This simple act ensures that people in need can request a ride from wherever they are.



3. Use Your Own Car

Replicate the Neighbours model between your neighbours. If you have a vehicle and a compassionate heart, you can offer your car as a safe space for someone who needs to talk or simply needs the company.



4. Spread the Word

Share Neighbours information on social media, distribute referral leaflets, or simply talk to friends and family about our work. Awareness is the first step towards open conversation and it only takes one person to start a movement.







