



Masonic
Charitable Foundation



Accessing mental health support via the MCF

The Masonic Charitable Foundation (MCF, the Freemasons' charity) can help Freemasons and their families access mental health support if they're feeling down, have symptoms of depression, anxiety, stress or other mental health concerns.

This service is run by an independent team of professional counsellors who are registered and accredited by the relevant professional bodies.

How does it work?



MCF Enquiry: Make contact with our Enquiries team on **0800 035 60 90**. They will give you details on how to access the service with our external provider.



Initial Telephone Assessment: Once you have called our mental health service provider, they will arrange for you to have an assessment with a mental health clinician. This is a first step to understanding your needs so that a recommendation can be made on the type of mental health support which is appropriate for you.



Counselling Sessions: If counselling sessions are recommended for you, they are available by phone or face-to-face.



Alternative Support: If counselling is not recommended for you following the initial assessment, you may be referred for a more in-depth mental health assessment and an enhanced level of mental health support may be recommended for you.



Financial Assessment: If an enhanced level of mental health support is recommended for you, you will need to make an application to us as the MCF grant for this level of support is financially assessed. We may ask you to make a contribution towards the cost or if your household income and/or capital is too high, you will not be able to access mental health support through our provider.

"Thanks to the MCF, I am getting regular therapy with an incredible practitioner. We are starting to turn a corner, and I'm finding daily life much easier. I cannot thank them enough." – MCF Mental Health support beneficiary



Learn more



mcf.org.uk/MentalHealth-Flyer



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Supporting your children and grandchildren

We can offer children or grandchildren of Freemasons aged between 5-17 years old access to mental health support.

In the 2023-24 financial year, we proudly helped **68** children and young people access life-changing mental health support.

11-17-year-olds can get help with anxiety, PTSD, exam stress, or access confidential counselling to talk about their feelings, friendship issues, school pressures, or bullying.

If the child is younger than 11, support will be provided through a non-clinical assessment with mental health practitioners providing information and advice.



Son of a Freemason, Steven (13) sought mental health support to address issues with his friends at school, which left him feeling excluded, anxious, and affected his mood.

Steven wanted to build confidence, self-esteem, and explore his feelings about these relationships. Over six sessions, he actively engaged, using creative tools to challenge negative thoughts and boost confidence.

By the end, he reported improved mood, reduced anxiety, increased confidence, greater comfort reaching out for support, and an improved ability to access tools to manage his wellbeing.

Learn more



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