



Entering Our Next Chapter

Release was born from a simple but powerful idea: that women deserve compassionate, affordable, high-quality mental health support - delivered by women who understand the realities of women's lives.

Founded in Brighton and Hove in 2013, Release began as a small, values-led organisation rooted in its local community. For many years, its work was driven by founding leadership, deep commitment, and a belief that women's mental health - particularly in motherhood and life transitions - deserved far greater care and attention.

In recent years, Release has undergone a defining period of change and growth.

Under the leadership of our outgoing CEO, the charity has been guided through a complex and ambitious transformation. Taking the organisation from a uncertain financial position to one of stability, resilience and confidence, Release now has strong financial reserves, robust systems, and a clear pathway for sustainable growth. This leadership has not only safeguarded Release's future - but it has also unlocked new possibilities.

From Local Roots to National Reach

While Release remains deeply connected to its Sussex roots, our reach has expanded significantly. What began as a local charity supporting women through groups and support it has evolved into a charity with a growing national presence, delivering accessible 1:1 online counselling to women across the UK and responding to escalating demand for women-centred mental health support.

One-to-one counselling has become a central therapeutic offer and a vital income stream, enabling the charity to support individual women while also strengthening long-term sustainability. Alongside this, our specialist group programmes - including Mother Nurture, Second Nature, and MenoNurture - continue to deliver targeted, life-stage support with clinical excellence and care.

Building Capacity, People and Purpose

This phase of growth has been about more than scale - it has been about building the organisation itself.

Release has grown from having no volunteers to engaging over 20 skilled, committed volunteers, expanding our capacity, our reach, and our community impact. Volunteer counsellors are now central to our delivery model, ensuring affordability for clients while reinvesting 100% of counselling fees back into the charity's mission.

At the same time, Release has strengthened its governance, systems, leadership infrastructure and brand - ensuring we are not only delivering exceptional support today but are equipped to meet the needs of tomorrow.

An Exciting Next Phase

Release now stands at a moment of opportunity.

We are entering our next chapter as a confident, financially robust organisation, with:

- Proven demand for our services
- The resources and reserves to invest in growth
- A strong reputation for clinical quality and ethical practice
- A committed team, board and volunteer workforce
- A clear ambition to expand our impact nationally

This transition marks not an ending, but an evolution.

As we look to the future, our purpose remains unchanged. Release exists to support women - run by women, for women - offering safe, compassionate spaces where women can be heard, supported and empowered at some of the most challenging points in their lives.

The next phase of Release is about building on what works, extending our reach, deepening our impact, and ensuring that no woman feels she has to navigate mental health distress alone.

Find out more about our mission and our services at: www.releaseforwomen.org.uk