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12 Ways to Give

In the Global South, up to 85% of people don't receive the treatment they need for their mental health conditions. Help us bring communities together for better mental health.

1
Become a 'Xmas Party Hero' and ask your employer to donate their unused Christmas party budget to our mental health appeal.

2
Sign up to receive our regular emails and learn why we believe mental health is a right, not a privilege.

3
Get crafty and sell your Christmas creations to friends, family and colleagues, donating the profits to help us bring communities together.

4
Help us to fight the stigma around mental health by checking in with those around you.

5
Give your Secret Santa the gift of giving and donate what you'd usually spend on a present to our winter fundraiser.

6
Add our donation page to your email footer so your end of year communications can make an impact.

7
Host a virtual Curry for Change and share a meal with friends over video call. Ask them to donate what they'd usually spend on a meal out to our winter appeal.

8
Introduce us to your faith or community group so we can expand our network and raise awareness of our work.

9
Donate to our mental health appeal and help us train local healthcare workers to spot and support people living with a mental health condition.

10
Share our mental health appeal with friends and family online via email or social media.

11
Start that new years resolution early and sign up to run the 2021 London Marathon or Royal Parks Half Marathon with our sister charity Health Poverty Action.

12
Create your own festive fundraiser: from a Christmas quiz to a best bauble competition - the options are endless!