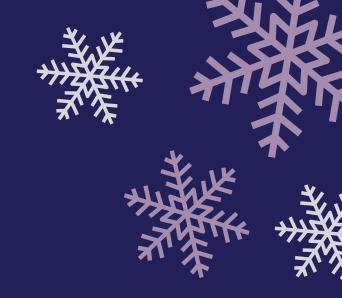




## 12 Ways to Give





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.



Become a 'Xmas Party

Hero' and ask your

employer to donate their

unused Christmas party

budget to our mental

health appeal.

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

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

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

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

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

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.

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

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

Share our <u>mental health</u>
<u>appeal</u> with friends and
family online via email or
social media.

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.

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



