

At the Laura Hyde Foundation, we often get asked how *you* can get involved and help us achieve our mission. We are always so grateful for all offers of support, and so we hope this gives you some guidance as to what you can do.

Our mission has three parts to it:

- 1 Raise awareness of the mental health challenges facing those who work in the emergency and medical services
- 2 Remove the stigma surrounding mental health within the sector and open up the conversation
- 3 Instigate real improvement and bespoke change to the mental health support systems in place

How can you help TO RAISE AWARENESS?

The more people that know we exist, the more people we can give the support they deserve.

- **Start the conversation** – tell those who may need it about the charity and what we can do to help.
- **Write about it** – use your own experiences to help others get the support they need; perhaps in the form of a blog for example, or simply starting a journal.
- **Spread the word** – encourage others to get involved; we can provide you with printed charity materials to circulate through your place of work or local community.
- **Use social media** – share our information online and support our pages so that we can reach, and help, as many people as possible.
- **Recommend us** – keep an eye on events where we could speak or attend; this could be at university, conferences, or award ceremonies for example.

As ever, if you have any new or innovative ideas about how we can achieve our goals please get in touch! You can contact us via our website, email or any of our social channels if you want to discuss any of this further, so together we can keep caring for those who care for us.

How can you FUNDRAISE?

Fundraising is fundamental to enabling us to look after those who look after us, so here are some great ways to raise some money, raise some awareness, and have some fun!

- **Food brings people together** – bake sales, coffee mornings, curry clubs, barbecues and picnics are great options that are always popular!
- **Take on a challenge** – participate in a sporting activity or any challenge that may take you out of your comfort zone; for example run a marathon, hold a sponsored silence, or climb a mountain.
- **Host an event** – encourage donations from friends, family and local businesses by holding raffles, lucky dips, and quiz nights for example.

How can you help to IMPLEMENT CHANGE?

- **Check in with your colleagues** so they know they are not alone and are supported.
- **Be open with friends and loved ones** who may not be aware of the difficult scenarios emergency service workers face.
- **Don't be afraid to talk** about your personal mental health challenges and struggles.
- **Investigate the current mental health support** structures already present in your place of work and suggest improvements where necessary. It will make a difference, no matter how small it may seem.