

The Mental Health Charter

# FUNDRAISING PACK

Everything you need to know about how you can raise money in support of Mental Health Awareness!

FOR MORE INFORMATION CALL 0333 3355 999

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# What Are We Raising Money For?

This 2022 we want to make it our mission to raise as much awareness as to just how important it is to take care of your Mental Health while in the workplace. The workplace can cause a lot of stress for a lot of people and untreated stress could develop into burnout.

Our plan to tackle this is to try and provide as many businesses with MHFA Mental Health First Aid Training to give employers and managers the knowledge on what their staff might be dealing with. This can also give them the capability to deal with a crisis surrounding Mental Health.

The money we raise will be used to provide charities, not for profit and other public organizations full MHFA first aid training for nothing! Meaning more and more businesses have the chance to end the stigma and raise awareness for Mental Health, while taking the extra step for their staff!

# Ways To Get Involved

We're going to give you 3 easy and fun ways you can raise money, but feel free to get creative here! Whatever your strength is, whatever you feel comfortable doing, no matter how big or small, **GO FOR IT!**

## Bake sale!

Get your friends and family round and have an afternoon of cakes, treats and chatting! You can be amazed how much can happen from just getting together with your closest people!

## Sponsored event!

Whether it's going on a bike ride, a run, for a swim or just being quiet for the day! Get people to sponsor you trying something new!

## Do something adventurous!

Now im not saying go jump out a plane to raise money! It could be just dying your hair a fun colour or wearing a silly outfit to work one day, do something to get peoples attentions!



# Spread The Word

If you have done anything to raise money please don't forget to snap a photo and post it with the hashtag

## #BUDDYSHHELPERS

While you're there, why not give us a follow!



Mental Health Charter C.I.C



@mentalhealthcharter



Mental Health Charter C.I.C



@mental\_charter

# How To Donate

## By Post

Please send your cheque made out to 'Mental Health Workplace C.I.C', and a brief summary around what you or your business did to raise the money.

The Fundraising Team  
Mental Health Charter,  
112 Charles House  
Princes Court  
Beam Heath Way  
Nantwich  
Cheshire  
CW5 6PQ

## Bank Transfer

Bank Name: NatWest

Name of Account: Mental Health Workplace C.I.C

Account Number: 47234059

Sort Code: 01-05-48



# Become A Volunteer



Why not join our team and become a volunteer! Helping to spread the message nationwide about the importance of Mental Health Awareness!



To find out more information please email [info@mentalhealth-charter.co.uk](mailto:info@mentalhealth-charter.co.uk) or call 0333 3355 999