



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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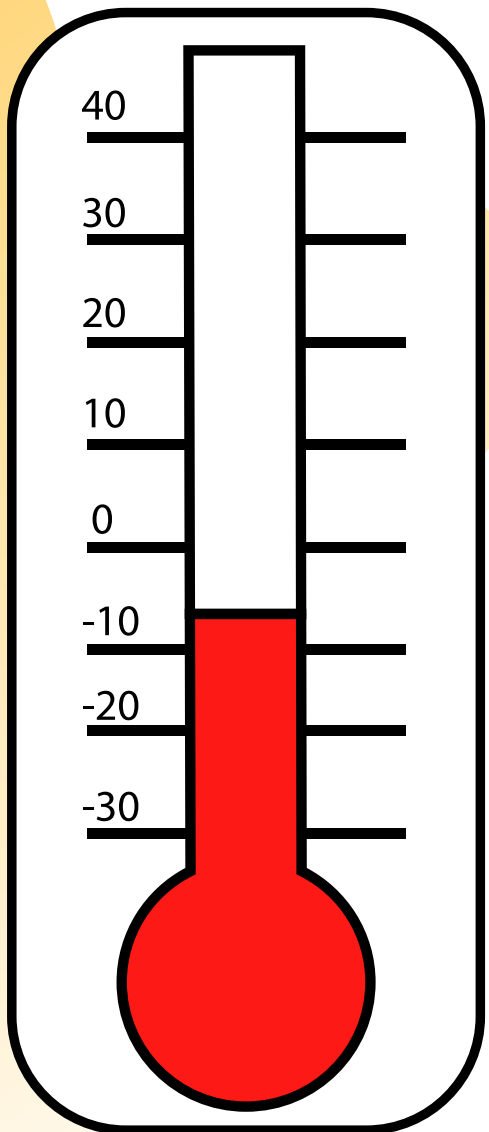
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We have also included a Fundraising Form



What Are We Raising Money For?

In 2025 we want to make it our mission to raise as much awareness as to just how important it is to take care of our Mental Health. The workplace and our communities can cause a lot of stress for 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 communities the knowledge on what people 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 communities have the chance to end the stigma and raise awareness for Mental Health, while taking the extra step for their people!

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!

FUNDRAISING FORM



DATE :

NAME :

ORGANISATION :

EVENT :

NAME

FUNDING
£

PAID Y/N

TOTAL
RAISED

NOTES

TOTAL RAISED

£

● 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

#mentalhealthbuddies

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 CIC,
55a Beam Street
Nantwich
Cheshire
CW5 5NF**

Bank Transfer

Bank Name: NatWest

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

Account Number: 47234059

Sort Code: 01-05-48