## Sponsorship Form



Action Mental Health changes the lives of those living with mental ill health and promotes resilience and well-being to future generations.

am taking part in:	On:
Name:	
Address:	
Email address:	

Give more for free – Giftaid it! If you are a taxpayer, for every £1.00 you donate to us we can claim 25p more – all you have to do is complete the address and postcode sections and tick the Giftaid it box. You must pay income tax or capital gains tax that is at least equal to the amount we will claim on your donation.

Full name	Home Address	Postcode	Amount	Giftaid it	Date	Amount received
For example	1 Any Street Anywhere	BT00 1AC	£10.00	✓	1/1/14	£10.00
· ·				Total:	•	

Taking action on mental health





## Did you know...?

- One in five adults in Northern Ireland will show signs of a mental illness
- When matched to 17 other countries, NI had the 2<sup>nd</sup> highest rates of mental ill-health
- Prevalence of mental illness in Northern Ireland is 25% higher than in England

Since 1963, Action Mental Health have been supporting recovery, building resilience, raising awareness and promoting positive mental health.

## **AMH Mission**

To make a positive difference in people's mental health

## **AMH Vision**

A society which actively values and promotes good mental health

website: www.amh.org.uk E-mail: events@amh.org.uk



Please send your completed sponsorship form to:

Callum Clark

AMH Central Office

27 Jubilee Road

Newtownards

BT23 4YH

(Please make cheques payable to Action Mental Health)

Registered charity recognised by the Inland Revenue Irv Ref No. XN / 47959

Registered in Northern Ireland Company No NI 5568 Registered office Central Office 27 Jubilee Road Newtownards Co
Down BT23 4YH Tel: +44 (0)28 9182 8494