



action mental health

Event:

Name:

Contact details:

Full name	Home Address	Postcode	Amount	<i>Giftaid it</i>	Date	Amount received
<i>For example</i>	<i>1 Any Street Anywhere</i>	<i>BT00 1AC</i>	<i>£3.00</i>	<i>Yes</i>	<i>1/1/12</i>	<i>£3.00</i>
				Total:		

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.

Thank you for your support

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

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

Did you know...?

- Mental illness is one of the largest single health problems in our society
- Adults with mental health problems are one of the most excluded groups in society
- 1 in 5 people aged 16-25 years are affected by mental health problems
- Around 1.5 million people in the UK have a learning disability and this figure is expected to rise

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

www.amh.org.uk



Taking action on mental health

Please return completed sponsorship forms to:

Callum Clark, AMH Central Office, 27 Jubilee Road, Newtownards, BT23 4YH