



action mental health

10
October
2017

go
purple

FOR WORLD MENTAL
HEALTH DAY

10th October 2017 is World Mental Health Day. Go purple and take action on mental health!

Your support will help Action Mental Health improve the lives of people with mental ill-health and allow us to promote mental resilience and well-being across Northern Ireland.

HOW TO GET INVOLVED...

It's simple and there are countless things you can do to help raise vital funds for AMH and help break the stigma of mental ill-health.

▶ HOLD A PURPLE PARTY

Get together with friends, colleagues, your church congregation or club and organise a purple themed fundraising party - it could be a tea party, coffee morning, a quiz or even a Zumbathon! Participants can dress in purple, serve purple drinks or whip up some purple icing for your buns at a tea party. It's totally up to you.

▶ WEAR PURPLE TO WORK

With this year's World Mental Health Day theme being 'Mental Health in the Work Place' why not support colleagues and others affected by wearing something purple to the office, building site or wherever it is you spend your working day. Simply ask workmates to donate on the day or combine it with a coffee morning or raffle.

▶ RACK UP THE PURPLE MILES

Challenge yourself to rack up the miles for AMH - cycle, walk or run and get sponsored for your efforts. Getting active is great for your mental health after all and you'll be helping AMH support those living with mental ill-health - and we'll supply the running vests or T-shirts.

▶ GET CREATIVE

These are just some ideas but the world is your oyster. For further inspiration for fundraising ideas visit our A-Z on www.amh.org.uk. Our fundraising team is here to help so get in touch and let us know what you're planning and we'll provide all the help and advice you need to make your event a great success.

To find out
more call us on

028 9182 8494

or email fundraising@amh.org.uk

www.amh.org.uk

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**Your support will really
make a difference.**