

10
October
2018

action
mental
health

10th October 2018 is World Mental Health Day and we want you and your colleagues to GO PURPLE and take action on Mental Health.

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

go
purple

FOR WORLD MENTAL
HEALTH DAY

HOW TO GET INVOLVED...

It's simple and there are so many things you can do to help raise vital funds for AMH and play a part in breaking the stigma of mental ill-health.

▶ WEAR SOMETHING PURPLE

Mental health is important for everyone so why not show your support by wearing something purple to work. It could be as simple as a pair of socks or perhaps you want to be really daring and wear a purple wig and matching tutu. Whatever you choose, simply ask your workmates, friends and family to add a dash of purple to their wardrobes and donate on the day or even combine it with a coffee morning, cake sale or raffle.

▶ RACK UP THE PURPLE MILES

Lace up your running shoes, get on your bike, jump in at the deep end or just take a nice leisurely stroll with your friends and family, get some sponsorship and really make those miles matter. Getting active is great for your mental health after all and you'll be helping AMH support those living with mental ill-health - we'll even supply the running vests or T-shirts.

▶ GET CREATIVE

Make World Mental Health Day memorable by making it your own! Whether it's spending time with friends, family and colleagues or just enjoying some all-important 'me time', it's all about raising awareness and funds.

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.

▶ HOLD A PURPLE PARTY

Get together with friends, colleagues and neighbours and organise a purple themed fundraising day - it could be a coffee party, a table quiz or even an office bowling trip. Participants could dress in purple, drink purple drinks and eat purple buns - **it's totally up to you!**

To find out
more call us on
028 9182 8494
or email fundraising@amh.org.uk

www.amh.org.uk

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