



Make us the charity of the year for your secondary school or sixth form

Inspire your students to develop skills learned in the classroom to create their own plan of fundraising activities for Suffolk Mind.

Allow them to practise negotiating, planning, designing, advertising, accounting, and other key skills hands-on, while also building a healthy school community.

By fundraising for Suffolk Mind, show pupils, parents, carers, and staff alike that you value wellbeing while directly contributing to mental health services here in Suffolk.

 **mind Suffolk**

You will receive:

- ✓ Unique profile and giving page on the Suffolk Mind website, together with a bespoke donation QR code which can be used at any event
- ✓ Use of the **Our Charity of the Year – Suffolk Mind** supporter's logo on your media and website
- ✓ A complimentary half day session of **The Mental Health Toolkit: The Essentials***, an introduction to Suffolk Mind's approach to mental health for your chosen fundraising co-ordinator
- ✓ A wellbeing literature pack (or e-pack) for your breakout areas
- ✓ Two complimentary 45-minute class talks or assemblies of **Life Hacks for the Teenage Brain*** for an activities week or PSHE day
- ✓ Invites to our annual fundraisers 'thank you' event and a chance to network with other businesses and community fundraisers, along with our team

And more!

*To be scheduled on the same visit



All we ask is that you hold a minimum of **two fundraising events or challenges** for Suffolk Mind within a 12-month period.

To find out more about fundraising for Suffolk Mind contact fundraising@suffolkmind.org.uk or scan the QR code to download a fundraising pack.

What it means to us

By supporting Suffolk Mind through fundraising and building awareness, we can support more people through our services such as counselling, Greencare and our free mental health courses.