

# HELP MAKE COLOURFUL, MAGICAL MEMORIES TO CELEBRATE GOOD MENTAL HEALTH

**As Teesside's leading mental health charity, we support over 15,000 local people every year including hundreds of children.**

Our dedicated team supports children from as young as five who are struggling with depression and anxiety, low self esteem and stress, alongside many other more complex emotional issues.

**Our colour runs celebrate happiness, health and positivity**

**Want to get involved? Then why not help us host a colour run for a local school?**



**Speak to us about event volunteering opportunities too!**

In aid of  
 **Mind** Teesside



## How can you help?

**For just £500 you can sponsor a school, enabling us to:**

- stage the run with enough powder to create clouds of colour for the children
- award each child a certificate complete with wellbeing tips
- deliver a mental health and wellbeing assembly

## What will you get?

**For every school you sponsor you'll get:**

- your logo and a link to your business/service on our website
- use of our charity associate logo to use on your website
- tags in all social media posts leading up to colour run, in stories on the day and in the post event activity
- signage at the event with your logo
- a certificate acknowledging your support
- the chance to attend the mental health and wellbeing assembly at your chosen school

## What to do next

Reach out to Claire on 01642 257020 to find out more and be matched with a school or email

**[fundraising@teessidemind.org.uk](mailto:fundraising@teessidemind.org.uk)**



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