



fundraise for better mental health

Safe gaming guidelines

We encourage you
to be responsible
for your own
wellbeing on the
internet and
when gaming.

We've created some
top tips to help you
game, stream and
fundraise in a
safe way.





Banish the trolls

Don't tolerate abusive
behaviour when
gaming or in online life.

Block, report or mute people who
bully or 'troll' in games. If you're
watching via Twitch you can find
out how to report abusive users
[here](#) and if you want to make
a formal complaint to Mind
you can do so [here](#).





2

Is this the game for you?

We encourage you to be mindful about the games you choose to play when gaming and streaming for Mind.

As an organisation, we don't promote violence, sexual content or negative portrayals of mental health, and as supporters of Mind we hope you will be on board with that.

If you have concerns over the content of someone's stream you can let us know by emailing gaming@mind.org.uk

(this inbox is monitored Monday – Friday 9am-5pm)





Young supporters

If you're under 16, we would love your support but would need your parents or guardians to register as a fundraiser on your behalf on Tiltify or JustGiving and gain their permission first. There is lots of great advice out there on safe gaming for under 16s, for instance [net aware](#) has a great guidance on what games are suitable for young people. We also have some [helpful tips on wellbeing](#) for our younger supporters on our website.



Be careful with your private information

4

Streaming is an incredible way to fundraise and connect with people all over the world – talk about a potential to raise money?! However, you don't want to share too much, and we strongly advise you not to share personal information with people in games or online. If you believe someone is being inappropriate asking personal information you can report them via the channel you are doing the stream. Here is guidance on how to report a user on [Twitch](#), [Mixer](#) and [Youtube](#).





5

Game for
a good time,
not a long time

Remember to take long breaks when gaming for a long period of time.

If you feel like you're gaming too much and it is starting to affect your wellbeing please seek support.

Our website has a useful resource for tips to [looking after your mental health online](#). Checkpoint also have some [great resources](#) for supporting gamer's mental health.





fundraise for better mental health

Find us on:



@MindCharity



mindcharity



@mindforbettermentalhealth



Mind

#switchoffgameon

mind.org.uk

gaming@mind.org.uk

Charity reg no. 219830.