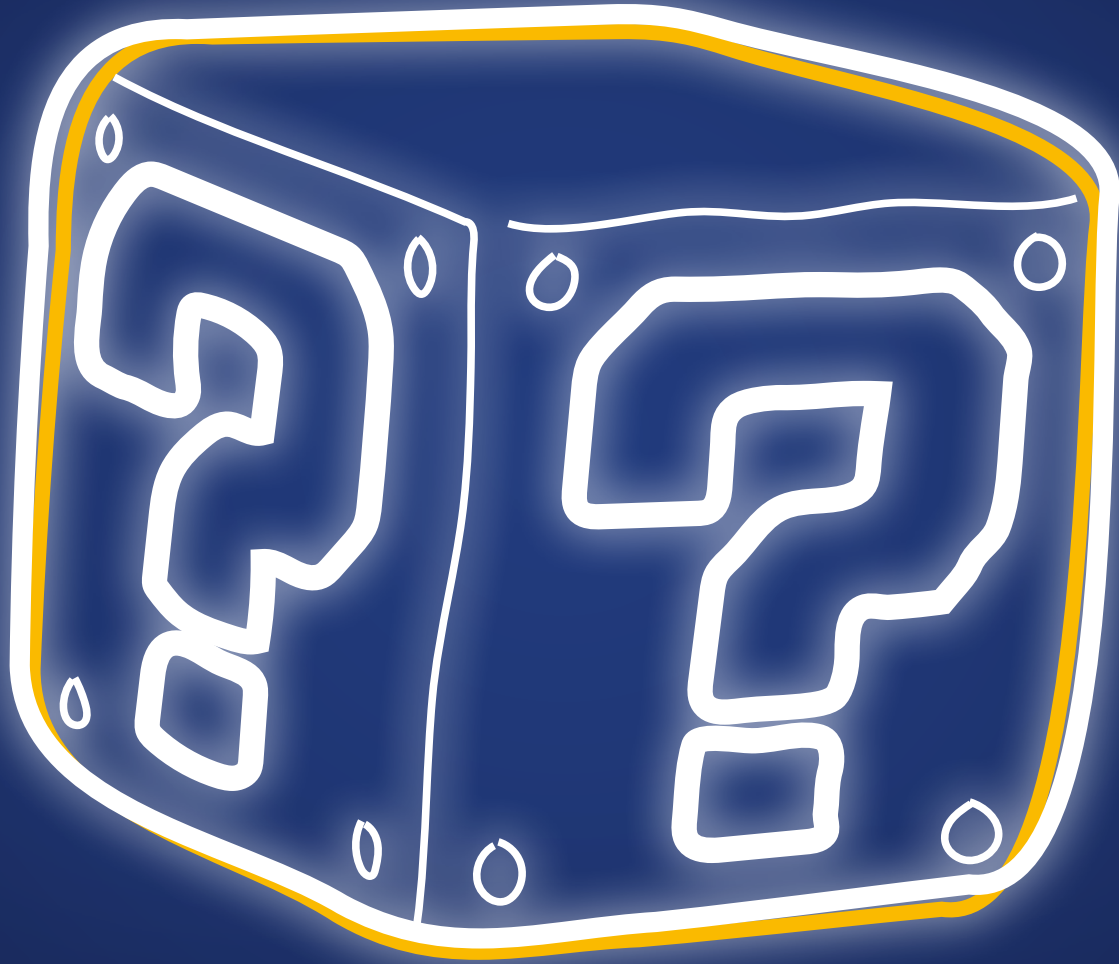


Switch off
Game  ON
fundraise for better mental health



Frequently
asked questions

 mind
for better mental health

What is Switch Off, Game On?

Switch Off, Game On is all about fundraising for Mind online via games and online streaming services.

Whether it's a solo Sunday sesh or the perfect pairing with pizza and friends, be part of the ultimate gaming mission for better mental health. Channel the power of streaming to fundraise so we can be there for everyone experiencing a mental health problem.

Are you ready?



Can I still fundraise for Mind, if I don't stream?

Of course!

We would still love to have offline gamers fundraise for us as well, whether it's a boardgame night with friends, MarioKart tournament on your lunch break or Fifa with your friends. You may find JustGiving is a more suitable fundraising platform for you to use, whereas Tiltify is a fundraising platform designed for streamers and online gamers.



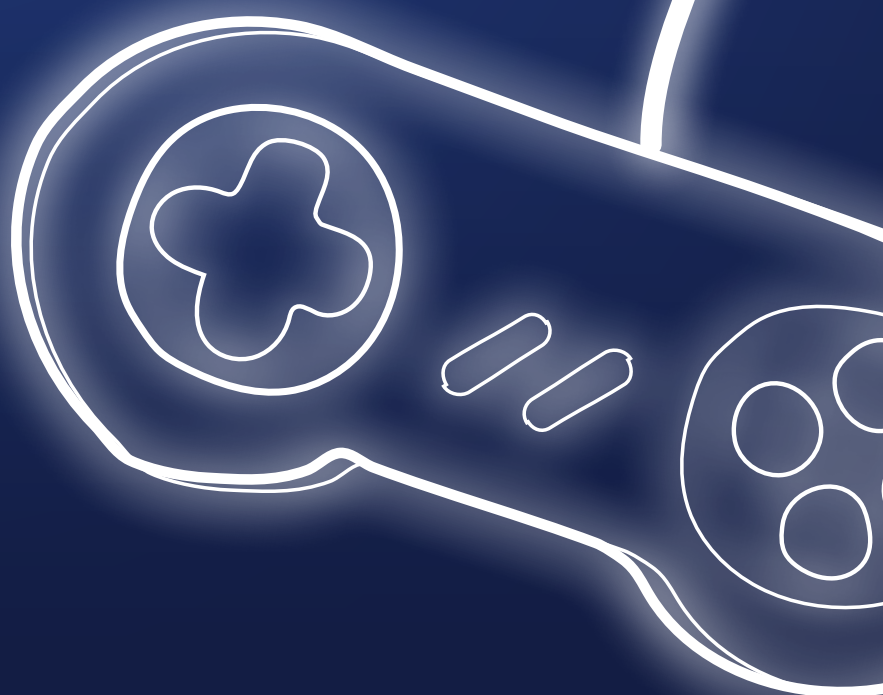
Does it matter what game I play?

As Mind fundraiser please be considerate of what game you choose to fundraise with us for, for example, keeping away from content which may be triggering for those with mental health problems.

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)



Can I game in a group?

Whether gaming together or playing solo, you're very much welcome to be part of Switch Off, Game On. Gaming is about having fun and connecting with others whether you're getting a group together or streaming solo to the world.



How do I fundraise?

1. Choose the date for your stream or gaming event
2. Create a fundraising page to collect all your donations via Tiltify or JustGiving
3. Promote your stream or gaming event
4. Host your stream/event and share your fundraising page everywhere!
5. Feel great because you have done something amazing for Mind





What is Tiltify?

Tiltify is an online giving platform that allows supporters to donate to a fundraiser's stream/game whilst they are playing. Tiltify have integrations and features including overlays and alerts that help maximise fundraising whilst streaming on websites like Twitch or Mixer.



What equipment do I need to stream my event?

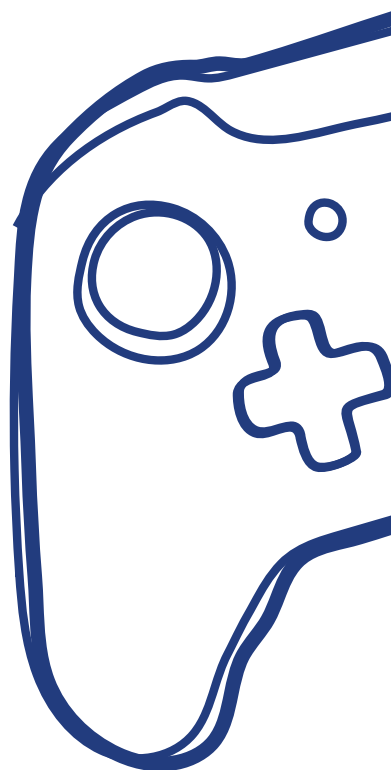


1. A laptop with a camera and microphone
2. Streaming software like Streamlabs OBS
3. Internet access and an account on a streaming channel such as Twitch or Mixer
4. Your Tiltfy or JustGiving fundraising page to overlay on your stream
5. A really good game to play or event that donors will be excited by



I don't understand
what OBS, Mixer
or Tiltify are.
Is this gaming
fundraising
still for me?

Don't worry if you don't have access to the software or equipment needed for streaming, we would still love to have you involved if you want to do an offline gaming event for us. Using a traditional JustGiving page might be the best option for offline gamers, whereas Tiltify is a fundraising platform set up specifically for streaming fundraising activities.



I'm already a streamer, but how do I link my stream to my fundraising page?



There is guidance both on JustGiving:

<https://gaming.justgiving.com/toolkit>

and Tiltify:

<https://info.tiltify.com/support/home>

on how to overlay your fundraising page onto your stream.



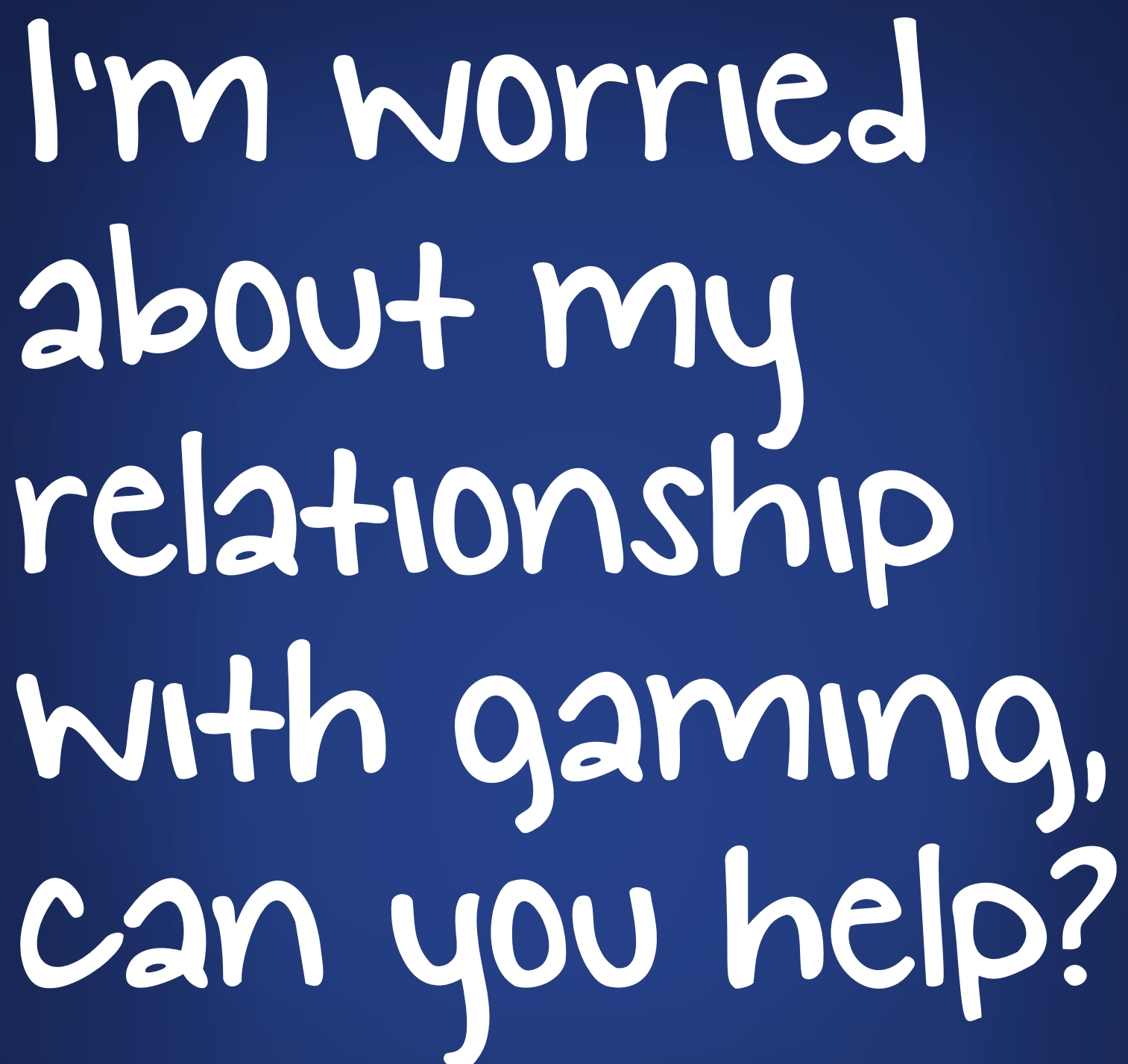
Will Mind
be able to
promote my
stream or
event?



Our social media channels are predominately used for providing mental health information and support, as well as content that will engage with all our followers. Engaging your own network of contacts, friends and family is the most effective way for you to promote your activity.

Once you're signed up we will be giving you further support and resources on how to promote your event.





I'm worried
about my
relationship
with gaming,
can you help?

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.

This isn't for me – how else can I support Mind?

Head over to our
[Do Your Own Thing page](#)
if you've got your own
fundraising idea, or perhaps
[check out what events](#) we have
on offer that you can join.

Not your cup of tea? Then what
about a lovely [Crafternoon](#).



I've got more questions...

Fantastic, we love a keen bean!

Drop us an email at
gaming@mind.org.uk and our lovely
team will be keen to support you



@MindCharity



mindcharity



@mindforbettermentalhealth



Mind

mind.org.uk

Charity reg no. 219830.

#switchoffgameon