



Welcome to #TeamMind!

Thank you for taking on 90 miles in October for Mind.

By joining the challenge, you're helping us be there for people with mental health problems. Every mile and every pound you raise helps make a difference.

Right now, more than 2 million people are on waiting lists for mental health support. Your fundraising helps keep vital Mind services running, including our Support Lines and online community, Side by Side.

October is the perfect time to get outside, get moving and look after your own wellbeing too. Walk, jog, run or wheel your way to 90 miles – your challenge, your miles, your way.

Thank you for going the extra mile for Mind. We're so glad to have you on #TeamMind.

**Good luck –
you've got this!**

*Anita & Charlie
at Team Mind*

90 miles in October

How to get fundraising

- 1. Make the first donation**
Kick things off with a donation to your own page. It shows you're committed and encourages others to join in.
- 2. Spread the word**
Post your fundraising page on social media and tell people why you're taking on 90 miles for Mind.
- 3. Ask your friends and family**
A personal message can go a long way. Let them know what you're doing and ask if they'd like to support you.
- 4. Share your milestones**
Whether you've reached 10, 50 or 90 miles, share your progress and give people another reason to donate.

Wear your **Mind t-shirt** as you take on the challenge.



Raise £90 to get a "one step at a time" baseball cap.

Raise £200 to get your exclusive medal - a special reminder of what you've achieved for mental health.

