

Social Media Copy

This section is written up for you to use on your social media pages when you're talking about us and being a part of #TeamMind. It's mainly written up for you to use on social media when they're talking about Mind, so the copy here is kept short to hit character limits.

Talking about raising money for #TeamMind – medium

Copy to use when you're talking about raising money for #TeamMind. Medium length copy – ideal for use in captions on content across social media.

- I'm taking part in [EVENT NAME] on [EVENT DATE] for Mind. Sponsor me and you'll be joining the fight for mental health. Your money will help Mind make sure everyone with a mental health problem gets support and respect.
- 1 in 4 of us have a mental health problem – but most of us don't get the support that we need. This has to change. Everyone with a mental health problem deserves support and respect. That's why I'm raising money for Mind. Donate today at [LINK].
- Mental health isn't hidden anymore. It's on the front pages, at the dinner table – we're becoming more and more honest about it. But there's still so much more that needs to be done. That's why I'm raising money for Mind to make sure things keep getting better. Support me today at [LINK].
- Across England and Wales, people just don't get the support they need when it comes to mental health. It can make getting the right information really hard. That's why I'm raising money for Mind – their Info and Legal lines are crucial sources of information for people dealing with a mental health problem. Support me today at [LINK].
- The cost of living crisis is enormous. It's going to put a massive strain on everyone's mental health in the coming months. Mind are here help people through it with vital information all while pushing the Government to give people the support they need. Help me keep them going today at [LINK].
- The mental health system in England and Wales just isn't working right now. It's overstretched, underfunded and people aren't getting the support that they need. Mind is always pushing for a better system that works for everyone. That's why I'm raising money for them. Donate today at [LINK]

