

#BePurpleDay

Your Guide To Fundraising and Wellbeing



**Supporting Young People to
Take Charge of Their Mental Health**

No5 Young People, 101 Oxford Road, Reading, RG1 7UD

Tel: 0118 901 5649 Email: info@no5.org.uk

Charity No. 1171313

Hello and Thank You!

Our vision at No5 is a world that understands mental health difficulties are a normal part of human development. We are really grateful to have you on board with us for **#BePurpleDay** as we work towards making our vision reality!

This year, we are inviting local schools, businesses, community groups and individuals to come together on 10th October, World Mental Health Day, and be part of the first **#BePurpleDay** to raise funds for local young people's mental health. World Mental Health Day is celebrated across the globe, but this year we wanted to highlight local young people's mental health.

By wearing purple this World Mental Day, you are showing to local young people that their mental health matters and that they aren't alone.

Fundraising

Why not turn your **#BePurpleDay** plans into a fundraiser for No5 so we can continue to support local young people through our 1:1 counselling and outreach support?

Check out our tips and ideas on the next few pages to help get you started!

Mental Health Resources

This pack is also full of resources and tips to help support your mental health and the mental health of the young people around you too!

Please do get in touch with your plans for **#BePurpleDay** or with any questions you may have—we'd love to hear from you!

Email: fundraising@no5.org.uk



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Fundraising Ideas

Below are just a few ideas of ways you could raise money as part of your #BePurpleDay! You can also get creative and come up with your own ideas too!

Wear Purple On October 10th and donate £1!

Whether you choose to wear a pop of purple or cover yourself head to toe in it, you will be a part of showing local young people that their mental health matters and that they aren't alone!

Why not encourage those around you to join in and each donate a £1 for wearing purple! You could even turn it into a mini fashion show competition!

Sponsored Activity

Why not go the extra mile whilst you are decked out in purple and take on a sponsored walk, run, cycle or swim to raise even more donations for local young people's mental health?!

Host a Quiz

You could host a quiz with your friends, family or colleagues with a £2 participation fee to help raise some money.

You could even stick with the #BePurpleDay theme and have a round based on the colour purple!

Bake Sale or Coffee Morning

Get baking and create some delicious purple treats to sell and donate the funds raised!

Gather your friends or co-workers and host a purple coffee morning where you each enjoy a purple treat and engage in conversations around mental health and wellbeing!

We would love to hear and shout about your plans so please get in touch!

Email: fundraising@no5.org.uk
Social Media: @no5youngpeople



#BePurpleDayChecklist



To help make your #BePurpleDay planning easy, we have created this handy checklist for you to tick off as you go!

Set up your JustGiving page

[Click here to set up your fundraising page](#) linked to our #BePurpleDay campaign page.

Don't forget to add information about why you are fundraising and some photos too!

Share the news!

Share your plans with your family, friends, colleagues or anyone you know and get them involved too! If you are a business, make sure you send a calendar invite to your team!

Plan your outfit!

It's time to dig through your wardrobe and find your best purple outfit! Whether you choose to wear a pop of purple or cover yourself head to toe in it, you will be a part of showing local young people that their mental health matters and that they aren't alone!

Shout about it on October 10th!

The day is finally here! Make sure to take lots of photos and share the hashtag #BePurpleDay on social media.

Don't forget to tag us @no5youngpeople as we would love to see and share what everyone is up to!

How to Donate

Set Up A Fundraising Page

The easiest way to donate and raise funds is through JustGiving as it will send your funds directly to No5! [Click here to set up your fundraising page](#) linked to our [#BePurpleDay](#) campaign page.

Don't forget to add information about why you are fundraising and some photos too!

By Bank Transfer

If you would to send your donations via bank transfer, please email the fundraising team via fundraising@no5.org.uk who will share our bank details with you!

By Cheque

Make any cheques payable to 'No5 Young People' and please send to us at:

Fundraising Team
No5 Young People
101 Oxford Road
Reading
RG17UD



5 Wellbeing Tips



1) Take Time To Look After You

Just as our physical bodies need a rest and time to un-wind- so does our mental health!

Make sure you take some time regularly for some self-care and to look after you! There are some resources on the next page that can help get you started.

2) Be Mindful of The Content You Consume

In this digital world, we are constantly consuming content and may not initially realise the impact it could or can have on our mental health, so it is good to reflect on what we are looking at and how it makes it us feel.

If there are specific topics or hashtags that impact your mental health in a negative way you can mute them so they don't appear in your feed, or if there are specific ones that impact you positively you can follow them so they appear more often in your feed!

You could even try taking a digital detox of just one or all social media platforms to have more time to reflect.

3) Connect With Others

Spending time and building good relationships with other people can support your wellbeing by increasing your sense of worth and belonging. Talking with people you trust can also be a way to get emotional support for yourself or provide this for other people.

Why not try arranging some time for lunch or a coffee break with a friend, family member or co-worker?

4) Get Active!

Doing some physical activity can really help our wellbeing as it releases endorphins which help us feel good! Being active looks different for everyone, it could be going on a walk, dancing to music at home or joining the gym but do what works for you!

5) Ask For Help

If you feel you need support with your mental health, reach out and ask for help! This could be from speaking with a friend, family member, co-worker, GP, or a dedicated mental health service or charity! Remember it is okay to not be okay.

Mental Health Resources

Below are some resources to help you understand what mental health is.

Mental Health Fact Sheets

Understanding mental health can be tricky, so we have a collection of [free mental health fact sheets](#), designed specifically for young people.

These fact sheets provide helpful information and tips for self-care, as well as advice on how to maintain good mental health. We understand that navigating the challenges of adolescence and young adulthood can be tough, and we hope these fact sheets will serve as a useful resource for both young people and those around them.

Looking For Direction—Signposting Site

We recognise that it is hard, especially as a young person, to know what support we may need for our mental health and to know what support is available, so we have created a signposting website made by young people for young people.

[Looking for Direction](#) will ask you to complete a short questionnaire to help provide you with tailored results based on what you say, your age and your location!

Mental Health Myths Busted

With so much ‘fake-news’ and misinformation being shared, it can be hard to know what is and isn’t true about mental health. To combat this and to de-stigmatise mental health, we have created this dedicated [myths-busted page](#) on our website!

You can also watch a video series by our Young Ambassadors [here](#)!



Self-Care Resources

Below are some of our favourite self-care resources!

Understanding and Planning Self-Care

Practising acts of self-care is important, and we know that it can be challenging to know what self-care actually is and how to plan it, so we have created [this blog](#) to help you out!

You can also watch a video about created by our Young Ambassadors [here!](#)



Stress Bucket

We have all felt stressed at some point in our lives and may have been impacted by it in different ways. Whether it is from school, exams, work, family, or anything else in your life, it is really important to be doing things to help de-stress.

In the [stress bucket activity](#), you will identify the things that are currently contributing to your stress, look at what you do to de-stress, and reflect if these are having a positive or negative impact towards your stress.

Circle of Concern

The [circle of concern activity](#) helps to break down things you feel anxious and stressed about and helps to identify those things that may be worrying you that you can do something about, and those that you can't.

The aim of this is to help to focus your energy onto things that you can influence, whilst acknowledging that there are things we worry about that we can't change.

Settle Your Mind For A Good Nights Sleep

Sleep can impact both our physical and mental health but it can be tricky to wind down and have the right amount we need to go about our day.

[In this resource](#), one of our counsellors shares her tips on how to settle your mind for a good nights sleep to help you wake up refreshed and ready for the day!

Posters and Printouts



Fundraising Target Poster

[Download](#)

How Your Donation Helps Poster

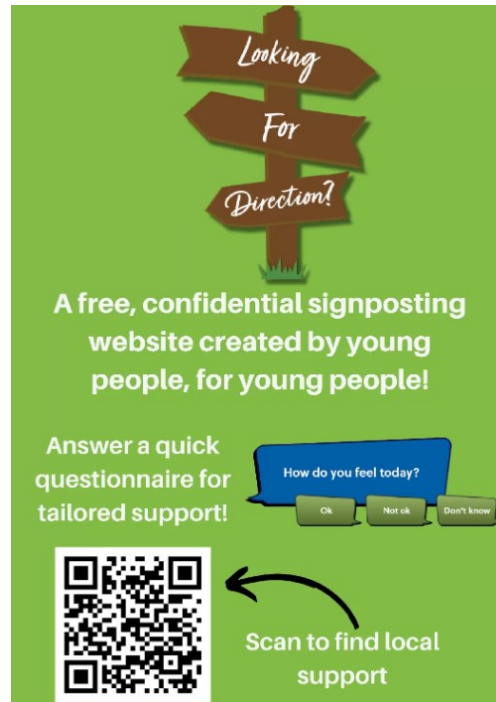
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How No5 Helps Poster

[Download](#)

Posters and Printouts



**Signposting Website
Poster**
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Mental Health Resources

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Self-Care Resources

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