

Raise Awareness Your Own Way

Together, no one is alone in the journey.

MENTAL HEALTH AWARENESS FUNDRAISING IDEAS

Please share your fun-fundraising ideas with us!



1

How about **Money Jars**...Label your jars, "Fund for Mental Health First Aid Course." Ask friends to have a jar at their home, at their work place and school to **raise awareness**.



1 in 5 Adults Suffer from a mental health condition. -NAMI

2

Handwritten notes... Send a handwritten note or post cards to 5 possible supporters to share why you are supporting the 5k and ask them to register. Together, with friends & family **raise awareness**.



50% of all lifetime mental illnesses begin by age 14, and 75% by age 24.

3

Rock Your Croc Day...Ask school principals to allow a fun-croc dress-down day to **raise awareness**.
Ex. 25 cents for elementary students
50 cents for middle & HS students
\$1 staff/employees



Suicide is the **SECOND** leading cause of death among children 10-14 years old. -CDC

4

Email 5 Friends, Relatives, Associates, members of your Faith Community & your neighbors (near and far) to let them know why you are participating in the MH Neighborhood Awareness 5k and ask them to register and to join you and **raise awareness**.



First onset of a mental health condition usually occurs in childhood or adolescence... early intervention and prevention is needed.
-National Library of Medicine

5

Dinner Party...Host a dinner party and sell tickets to your guests. Invite family and friends. Share the reason for the dinner party. You can make it a special formal dinner and **raise awareness**.



Together, let's spread the message that mental health conditions can be treated in the journey to recovery; suicide is preventable and we all play a very important role in prevention efforts by raising awareness among our love ones, friends, associates and neighbors. **Together, no one is in the journey alone.**