



# HOWEVER YOU DO IT, FUNDRAISE FOR MENTAL WELLBEING

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10 / 11 / 12 /  
**FEB**  
2022

Working in partnership with:

**go op** **mind** **SAMH** **inspire**  
It's what we do for Scotland's mental health working ability recovery

To: \_\_\_\_\_

From: \_\_\_\_\_

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**Ask customers or colleagues to donate to dedicate a heart to a loved one or write down your Time to Talk Day pledge, then create a display.**

You could turn this into a colouring competition for kids, asking them to draw a picture of friendship.  
**Add a fundraising twist: Source a prize, ask for a donation to enter and gift the prize to the winner.**

