

# Wear It Blue for World Mental Health Day!

## Support Bath Mind on Tuesday 10th October by wearing blue!

This World Mental Health Day, Bath Mind want to show our community that their **mental health matters**. To show your support, we're asking our supporters to wear blue on Tuesday 10th October and donate to our charity.

### What is 'Wear It Blue'?

- Wear It Blue is an awareness-raising event that Bath Mind are hosting on World Mental Health Day 2023. It invites members of the community to wear blue in support of better mental health for all.
- Wearing blue can be as simple as wearing blue socks, or a blue t-shirt!
- This event is virtual, so you can take part wherever you are on the day.

### How can I take part?

1. [Sign up](#) to let us know you're taking part.
2. Wear blue on Tuesday 10th October!
3. [Donate to Bath Mind](#) so that our vital mental health services survive and grow to help our community.

### Who are Bath Mind?

- Bath Mind are a local and independent mental health charity who deliver mental health services across Bath & North East Somerset.
- We support over 5,000 people every single year with their mental health and wellbeing.
- **Bath Mind need your support now more than ever.** Our services are a lifeline for so many of us who need a kind, professional and supportive listening ear.

#### When?

Tuesday 10th October 2023

#### Where?

Your office/home/school. Wherever you are!

#### Cost?

Donate £5 to Bath Mind



**#WearItBlue**

World Mental Health Day  
10th October 2023

In aid of  
**mind**  
Bath

## FAQs:

**Where can I donate?** You can donate at our website: [bathmind.org.uk/donate](http://bathmind.org.uk/donate)

**Do I have to donate £5?** We understand that the rising cost of living is a concern for many of us. We ask that you donate only what you can spare to take part. For example: if you're a local school, you could ask parents to donate £1 per student!

**How can my workplace get involved?** Ask your organisation to celebrate WMHD by supporting your local mental health charity. Organisations could donate to Bath Mind on behalf of their colleagues, or organise an activity at work to promote positive mental health and wellbeing. We recommend shared lunch and chat sessions for getting colleagues together!

**Do you have any printable resources?** Yes! Head to our website page [www.bathmind.org.uk/wmhd](http://www.bathmind.org.uk/wmhd) to download printable bunting, badges and banners.

**Can I get involved as an individual?** We would love individuals to get involved! You do not need to be taking part as a group or organisation. If you're on social media, why not take a #WearItBlue selfie and tag us? You can find us on Instagram, Facebook, LinkedIn and Twitter. Head to our [website](http://www.bathmind.org.uk) to link to all of our socials.

### Share with us if you're taking part!

If you'd like to take part, please sign up at:  
[www.bathmind.org.uk/wearblue](http://www.bathmind.org.uk/wearblue)

If you have any questions, or would like to share pictures of you wearing it blue, please get in touch: [fundraising@bathmind.org.uk](mailto:fundraising@bathmind.org.uk).



[www.bathmind.org.uk](http://www.bathmind.org.uk)

Charity No. 1069403



# #WearItBlue