



Fundraise for AWARE

HELP US TO HELP OTHERS OVERCOME DEPRESSION

AWARE is a local charity working really hard to help people who are vulnerable to the illness of depression.

- 1 in 10 young people aged 5-16 years suffer from a diagnosable mental health problem.
- Depression can affect anyone at any stage in their life.
- 45,000 young people living here are currently affected by a mental health problem.
- We rely on your donations to enable us to provide our services, including the AWARE Mood Matters Young People Programme.
- Last year we delivered over 400 sessions in almost 100 schools to 8,500 young people. But in order to continue this vital work we need your support.

Here's how you can help raise money..

Organise a School Mood Walk

Make lunchtime active, improve your mood, look after your mental health and donate to AWARE.

Brighten up "Blue Monday"

Dress brightly on the 3rd Monday in January – also known as Blue Monday. In fact you can do it on any Monday – and raise money for AWARE.

Dress down for "World Mental Health Day"

Have a dress down day on 10th October and help raise awareness of mental health while raising money for AWARE.

Or maybe you can create your own exciting fundraising idea - let us know and we can help you!



Let's get you started:

Contact fundraising@aware-ni.org

Visit www.aware-ni.org



20
YEARS

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.