



The Foundation  
for Young People's  
Mental Health

**Let's get**

**fundraising!**

Mike and Noah took their fundraising to new heights - *literally* - by embarking on a heart-pounding sponsored skydive to raise vital funds for YPMH.

*“I did this skydive to show my respect to our young people struggling with their health who take brave and courageous steps every day. We need to ensure we can provide the best support possible - every pound raised for YPMH counts towards that”*

Their brave leap raised an incredible **£1,700** for young people’s mental health.

For Mike and Noah, it wasn’t just a dive from the skies, but a dive into making a lasting impact.



# We're cheering you on!

**Thank you for fundraising for The Foundation for Young People's Mental Health (YPMH).**

Your support is truly life-changing. Whether you've raised a few pennies or thousands of pounds, we want to extend our heartfelt thanks. Because of you, many young lives will be transformed for the better.

In this booklet, you'll discover helpful tips and ideas to ensure your fundraising is a resounding success. Whether you're a baker, swimmer, thrill-seeker, or a keen quiz master, now's your chance to channel your talents for our vital cause.

And if you're short on ideas, we've got plenty of inspiration to spark your creativity. Whatever you decide to do, we'll be here to support you every step of the way!

And the best part? You'll be making a real difference in the lives of young people.



## **How your money helps**

Nearly 300 million people worldwide are affected by depression, and the economic cost of mental ill-health is projected to be \$16 trillion globally by 2030. To tackle this growing crisis, we urgently need innovative approaches that address the root causes of depression and other mental health issues. It is essential that we find effective ways to prevent, detect, and intervene early, before the condition is established. By doing so, we can improve outcomes for individuals, reduce pressure on specialist services—ensuring quicker access for those with complex needs—and lessen depression's overall impact on society.

# Raise the Fun(d)!

It takes different kinds of people to raise all kinds of money. Now, it's time to choose your fundraising adventure.

It's people like you – and your incredible fundraising- that make change happen.

The impact of mental health conditions, particularly depression, continues to be felt further and wider – and we need your support more than ever.

Grab your family, rally your friends or go solo – we don't mind what you do but we've got some great ideas to inspire you to do your bit to help others.



## Sweet Success

Whether your cakes are flawless and healthy or delightfully imperfect, your baked treats could cook up some cash! Set up a stall or deliver your goodies to friends and family and turn those sweet creations into donations.



## Dinner Party Fun(draiser)

Cash in on your cooking skills! From gourmet dinners to simple meals, host a gathering and ask for donations in exchange. It's a fun and delicious way to support YPMH and bring people together.



## Ultimate challenge

Take on a daring (or downright daft) challenge – solo or with a team. Whether it's an obstacle course, a thrilling sky-dive, or an all-day silence, get sponsored to push your limits for YPMH!

## Test your trivia skills

Challenge yourself and others with a quiz night – whether it's a lunchtime brain-teaser or an evening event, charge for entry and let the fun begin!

## Make your parkrun for mental health

Whether you're a regular or a parkrun first-timer, make your next parkrun or walk count for mental health. Donate, don a fancy dress, or wear a YPMH running vest and give it your all!

## Dress to impress

Go all out in red – whether it's face paint, outfits, or accessories – and encourage donations for your vibrant look. The bolder, the better!

## Do your own thing

Got a better idea? Go for it! No idea is too weird or wonderful. Whether quirky or inventive, your creative fundraising concept could make a big impact.

Remember to tag us in photos of your fundraising activity, using @foundation\_YPMH and #TeamYPMH.

# 6 ways to raise even more

1

## Set an epic goal

Dream big with your fundraising target! A bold goal can really energise your efforts. Set your sights high, spread the word, and see if you can smash it.

2

## Make it a week of fun

Turn fundraising into a week-long celebration! Plan exciting events to keep the buzz going and the donations pouring in.

3

## Shout it out loud

We don't mean literally (unless that's your style!). Stick up those posters, fire off some emails, and shout about your events to everyone you meet. The more you shout, the more support you'll get!

4

## Go social and share

Hit up social media with your fundraising story. Tag @foundation\_YPMH on LinkedIn, X, Instagram, or Facebook and use #TeamYPMH.

5

## Unleash your creativity

Think outside the box and come up with a fundraising idea that's totally unforgettable. Your wildest ideas could be your best!

6

## Donate with JustGiving or Enthuse

Set up your JustGiving or Enthuse page and share the link or QR code everywhere you can—via email, social media, you name it. Make donating a breeze!



**Jake went the extra mile by taking on a challenging marathon to raise vital funds for YPMH.**

*“Running a marathon was a challenge, but knowing it was for such an important cause kept me going! Thinking about the young people who will benefit from better mental health support made it all worthwhile.”*

His determination paid off, raising over **£500** for YPMH. For Jake, it wasn't just about crossing the finish line - it was about running toward a brighter future for young people.

# Safety first, fun second

Whatever you're planning it's vital that you keep safe and legal. Let's cover some key health and safety essentials.

## Raffles

Raffles can be a fantastic way to raise funds, but it's important to be aware of the legal requirements. For the most up-to-date advice, visit the Gambling Commission at [gamblingcommission.gov.uk](http://gamblingcommission.gov.uk).

## Food Hygiene

Whether you're baking brownies or hosting a banquet, food safety regulations apply. To ensure you're compliant, check the guidelines at [food.gov.uk](http://food.gov.uk).

## Collecting Money

If you're planning a public street collection, you'll need a licence from your local council.

We also recommend having a second person with you when counting donations.

## Insurance and Licensing

While we're here to support you, please note that we cannot be held liable for your event. It's advisable to check with your local authority regarding any necessary licences or insurance.

*If you have any questions, please email us at [contact@ypmh.org](mailto:contact@ypmh.org)*

# Congratulations, you did it!

## Thank You

First and foremost, a heartfelt thank you! You've made a significant impact, helping to create a brighter future for young people's mental health.

### **JustGiving or Enthuse**

If you've been fundraising through a fundraising platform, you're all set! Any donations on your page, including those made after your event, will be automatically sent to us.

If you would like to discuss other ways to donate, please contact us at [contact@ypmh.org](mailto:contact@ypmh.org)

## Fundraising Checklist

- Choose your fundraising activity.** The sky's the limit—just make sure it's fun and brings a smile. The more joy, the better!
- Set up a donation page** from your choice of provider.
- Spread the word** about your event! Tag us on social media **@foundation\_YPMH** and use **#TeamYPMH**. Don't forget to share your photos and videos with us!
- Submit your raised funds** using your preferred method

# You're absolutely amazing!

Yes, you truly are!

The dedication of supporters like you, who take the time to fundraise, means the world to everyone at YPMH and to the young people you're supporting.

Thanks to your incredible efforts, we're able to enhance the lives of young people by accelerating the development and implementation of innovative approaches to tackle mental health challenges.

[contact@ypmh.org](mailto:contact@ypmh.org)

[www.ypmh.org/support-us/](http://www.ypmh.org/support-us/)



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