

Go Blue for Mental Health Awareness Week!



Support SECE Mind for Mental Health Awareness Week on Monday 13 to Friday 17 May 2024.

Please join South East and Central Essex Mind in showing our community that **mental health matters**. This year, we're asking our supporters to donate to our charity and Go Blue during the Week of 13-19 May to help mark Mental Health Awareness Week.

What is 'Go Blue'?

Go Blue is a fundraising campaign that SECE Mind are hosting for **Mental Health Awareness Week 2024**. We are inviting schools, businesses, or local community groups within the community to get behind our charity and **Go Blue** this May to raise awareness and important funds for local people's mental health.

It's simple! All you have to do is Go Blue! Just pick a day during Mental Health Awareness Week (Monday 13 – Sunday 19 May) or during the month of May and organise your own blue themed fundraiser. It could be a dress down day at school or work where everyone wears blue, getting the office to wear blue wigs or a blue bake sale (think blueberry muffins and blue icing!) or even light up your building blue!



GO BLUE FOR SECE MIND

How can I take part?

1. [Sign up](#) to let us know you're taking part!
2. **Go Blue** at any point during May.
3. [Donate to SECE Mind](#) so that we can continue our vital work and keep mental health services running.

Who are SECE Mind?

- **South East and Central Essex Mind are your local and independent mental health charity** who deliver mental health services across Southend, Chelmsford, Rochford, Castle Point and South Woodham Ferrers.
- **SECE Mind need your support now more than ever.** Demand for our services is higher than ever and we need your support to make a difference to the mental health of our local community.

For any queries or for more information about supporting our charity please contact us via fundraising@secemind.org.uk