

Wear It Blue for World Mental Health Day!



Support SECE Mind for World Mental Health Day on 10 October by wearing blue!

This World Mental Health Day, 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 wear blue during the month of October 2023 to help mark World Mental Health Day on **Tuesday 10 October**.

What is 'Wear It Blue'?

Wear It Blue is an awareness-raising event that SECE Mind are hosting for **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 fundraiser is open to anyone, and you can take part wherever you are – in the workplace, at home, in school, or at a local club.



How can I take part?

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

#WearItBlue

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.

FAQs:

Where can I donate? You can donate via our website: secemind.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 schools, you can 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 South East and Central Essex 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!

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](#) to link to all of our socials and find out more about our work.

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

South East and Central Essex Mind is a Registered Charity No. 1148451