

# CAN YOU HELP US BRING GOOD MENTAL HEALTH TO PRIMARY SCHOOL CHILDREN THIS CHRISTMAS?

## Buddy, our mental elf, needs you to help him spread some Christmas cheer.

Sadly 1 in 4 local children are suffering from poor mental health and we want to reach as many young people as possible this winter.

### How can you help?

We need local businesses to help us host our mental elf run in as many local schools as possible.

**For just £250 you can sponsor a school, enabling us to:**

- stage the run
- gift every child a pair of antlers for the run
- award each child a certificate complete with wellbeing tips
- deliver a mental health assembly.





## What will you get?

### For every school you sponsor you'll get:

- your logo and a link to your business/service on our website
- use of our charity associate logo to use on your website
- tags in all social media posts leading up to the elf run, in stories on the day and in the post event activity
- signage at the event with your logo
- a certificate acknowledging your support
- the chance to attend the mental health and wellbeing assembly at your chosen school.

Last year, Buddy ran with  
**4,873 children across  
16 local schools.**

Our team delivered  
**emotional wellbeing and  
resilience assemblies to  
5,286 children.**



## What to do next

Reach out to Claire or Hannah on 01642 257020 to find out more and be matched with a school, or email below:

[fundraising@middlesbroughandstocktonmind.org.uk](mailto:fundraising@middlesbroughandstocktonmind.org.uk)

In aid of  
 **mind**  
Middlesbrough  
and Stockton