



Help us support those in Northern Ireland who are struggling with their mental health, particularly at this difficult time.

#HomeandAWARE

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

AWARE the depression charity in Northern Ireland launched its first ever virtual fundraising campaign #HomeAndAWARE in celebration of Mental Health Awareness Week which falls later in the month. AWARE recognises the challenges that COVID-19 has brought to each of us. You may be feeling more anxious and stressed than usual, you may be feeling worried about your own health and the health of your loved ones, you may be experiencing financial stress and/or feeling worried about the future.

The important thing to remember is you are not alone and we are very much in this together.

The current social distancing measures are putting a strain on the mental health of many in Northern Ireland. AWARE will strive to continue to be a source of support for those who need it, but we need your help. With AWARE's fundraising events being put on hold due to Covid-19, we need support from people like you so we can continue to support those who are struggling with their mental health.

#HomeAndAWARE is about making a positive difference to your mental health and that of others. It's an opportunity to focus your energy on something positive, try new things and embrace this new 'normal'. By choosing to support AWARE you will be helping those in Northern Ireland who are living with depression, anxiety and bipolar disorder.

AWARE is encouraging everyone to get involved and take part by either taking in one of the #HomeAndAWARE virtual fundraising ideas, coming up with your own idea or directly donating to AWARE. **Funds raised will make a huge difference to those in Northern Ireland who are struggling with their mental health, particularly at this difficult time.**

There's something for everyone! You can get active, take part in an AWARE wellness challenge, host an AWARE bake-off, host your own virtual quiz or bingo night, shave your hair (or grow it!), and you can even get the little ones involved by taking part in the AWARE 'What Matters Most Challenge'. [Click here](#) for more information on how to get involved. Don't forget, you can also come up with your own #HomeAndAWARE fundraising challenge!

If taking on a virtual fundraising challenge isn't for you, that's okay! You can gather up your spare change and donate to the AWARE JustGiving page by [clicking here](#), we really appreciate any amount you can give.

Check out AWARE ambassador Cate Conway telling us all about #HomeAndAware, why it's so important and what she'll be doing to support AWARE, [click here](#) to check it out.

Let us know what you're up to by tagging us on social media with the hashtag #HomeAndAWARE. Click the images below to find our social platforms:



Alternatively, If you have any queries or would like to get in touch with the fundraising team about your virtual fundraising challenge please email fundraising@aware-ni.org.

Thank you for your continued support.

AWARE



Support Team AWARE
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in a virtual fundraising event!

- Host a Bingo Night**
 - Get your friends or family together and host a virtual bingo night for AWARE.
- #NoHairForAWARE**
 - Brave the shave and lose your luscious locks for AWARE. Why not rock a Mohawk for a week or a handlebar moustache?
- Host a Virtual Quiz**
 - Host your own 'pub quiz' on Zoom & ask your friends or family to donate to AWARE! We've got you covered with a general knowledge and a F.R.I.E.N.D.S themed quiz!
- Wellness Challenge**
 - Look after your well-being and make a donation to AWARE. Host a coffee morning, join a mindfulness session or do yoga online.
- Get active for AWARE!**
 - Staying active is great for your mental health! do 10,000 steps or walk 5k a day for 7 days!
- Kid's Art Challenge**
 - We want to see your little one's drawings of 'What Matters Most'. Share on social media and tag us! Make sure to use #HomeAndAWARE!

#HomeAndAWARE
Donate: justgiving.com/campaign/homeandaware
For more information: aware-ni.org/homeandaware