

HEALTH POVERTY ACTION

12 Days of Giving

In the Global South, up to 85% of people don't receive the treatment they need for their mental health conditions. Help us bring communities together for better mental health.

1. Become a 'Xmas Party Hero' and ask your employer to donate their unused Christmas party budget to our mental health appeal.

2. Start that new years resolution early and sign up to run the 2021 London Marathon or Royal Parks Half Marathon with Team HPA.

3. Add our donation page to your email footer so your end of year communications can make an impact.

4. Join The Rivers and release a music video with your family or choir. Share it alongside a fundraising page and raise voices and funds for health worldwide.

5. Sign up to receive our regular emails and learn why we believe mental health is a right, not a privilege.

6. Get crafty and sell your Christmas creations to friends, family and colleagues, donating the profits to help us bring communities together.

7. Help us to fight the stigma around mental health by checking in with those around you.

8. Give your Secret Santa the gift of giving and donate what you'd usually spend on a present to our winter fundraiser.

9. Share our mental health appeal with friends and family online via email or social media.

10. Introduce us to your faith or community group so we can expand our network and raise awareness of our work.

11. Donate to our mental health appeal and help us train local healthcare workers to spot and support people living with a mental health condition.

12. Create your own festive fundraiser: from a Christmas quiz to a best bauble competition - the options are endless!