

MENTAL HEALTH AWARENESS WEEK UK

Help us raise a £120,000
Emergency Solidarity Fund
to get vulnerable migrants and
asylum seekers out of detention

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This Mental Health Awareness Week, we are asking you to stand in solidarity with refugees and asylum seekers.

Help us raise money to provide free legal advice to people locked up in detention centres and give them the opportunity to be reunited with friends and family, instead of suffering alone.

Plus, by getting moving you'll be helping your mental health too.

We are asking you to get outside and move. Get your colleagues together, chuck in a fiver each, and *run or walk 5 kilometres*. Take the time to empty your head and raise money for those who need it.

- Get your colleagues on board and pick a day.
- Give colleagues who cannot take part the chance to sponsor you instead.
- Ask your employer if they will consider matching your donation.
- Choose a way to celebrate your efforts!

Self-employed or student? You can still get involved. Bring together a group of friends or family instead.

DID YOU KNOW?

Across the UK, thousands of vulnerable adults are routinely locked up in detention centres. This includes survivors of torture or trafficking, and people with severe mental health issues.

The government's new proposed 'Illegal Immigration Bill' is likely to vastly increase the number of refugees locked up across the UK.

Asylum seekers are 500% more likely to suffer with their mental health than the general population, while almost 2 in 3 refugees experience severe mental distress.

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