

60 miles in September!

Walk, jog or run



Welcome to #TeamMind!

Thank you for taking on 60 miles in September for Mind. By taking on this challenge, you're standing with us on the frontline of the fight for mental health. We couldn't be happier to have you by our side.

There are currently more than 2 million people on waiting lists for mental health support. The money you raise will go towards running our vital services, like our Infoline and online community, Side by Side, so we can be there for even more people who need us.

We really hope you're excited to get started with your challenge! September is a beautiful time to be outdoors and moving for mental health. And by striving to meet those miles, you'll do wonders for your own wellbeing too.

The perks

We'll email digital progress medals at several stages during your challenge to share on your fundraising page and keep everyone updated on your incredible progress. You'll also be in with the chance of winning one of our many prizes up for grabs. And if you fundraise £100 or more and you'll receive an exclusive 60 miles in September medal!

We can't wait to get to know you better in the Facebook group, and cheer you on throughout your challenge. You're such an important part of our wonderful community who is going the extra mile for mental health.

Remember – together, we're unstoppable.

Best wishes,

Anita and Tarryn



Your challenge checklist

- Join the Facebook group**
Guaranteed fun, motivation and support.
- Let people know!**
Snap a selfie in your new Mind t-shirt, or click [here](#) to access our digital resources to help spread the word.
- Get your first donation**
Making a small donation to your own fundraising page is a proven way to kickstart your fundraising. Just £5 could cover the cost of your t-shirt and lets people know you're serious about the challenge.
- Lace up your trainers and conquer the miles**
Use the tracker to watch your miles add up and up.
- Keep friends and family up to date with your progress**
- Raise £100 to receive your 60 miles finisher medal**