



## Mental Health Research UK - Covid 19 PhD Scholarships

### Hello Supporter

We hope you are well.

As a keen supporter of Mental Health Research UK, we wanted to update you on our latest [fundraising campaign](#) and encourage you to take part in any fundraising efforts, big or small, to help us reach our goal.

To mark Mental Health Awareness Week 2020, we launched a campaign to raise £120,000 for a new PhD research scholarship on psychological trauma arising from the COVID-19 pandemic. It's evident that the global pandemic is having a substantial impact on people's mental health, and we need to better understand the impact of this in order to make sure that people receive the best treatment and support.

We're currently 25% of the way towards our fundraising target, and have seen some fantastic fundraising challenges undertaken by supporters so far – including a virtual climb of the North Face of the Eiger! Fear not, there's no need to undertake a challenge as daring as this, as every little helps when it comes to reaching our goal, so any challenges or efforts undertaken by our supporters are greatly appreciated. What matters is that you've taken part and contributed to funding this vital research.

We hope you're as excited about this new campaign as we are and we look forward to hearing about your inventive fundraising. We'd love it if you shared your photos of your challenge with us for our website by emailing [trustees@mhruk.org](mailto:trustees@mhruk.org). You can also [tweet](#) to us or tag us on [Instagram via @mhrukcharity](#), as well as posting on our [Facebook page](#).

For further information on the fundraising campaign, or to gather inspiration for fundraising challenges, please visit our website. We've made publicising your fundraising and collecting pledges easy for you! Just visit the [\\_Virgin Money campaign page](#) and go to the box on the top right which says "start fundraising". You can then simply type in a few sentences describing the challenge you've decided upon, and your friends and family will be able to donate to your own personal campaign. Whatever you raise will then be added automatically to our £120,000 target!

We thank you in advance for helping us to transform lives and make a long-term difference.

Best wishes,

Laura

Dr Laura Davidson

*Co-founding Trustee, Mental Health Research UK*

The UK's first charity dedicated to funding research into the causes of mental illness in order to find better treatments with fewer side-effects.

<http://www.mhruk.org/>