

Dear <<First Name (required)>>

Mental Health Research UK celebrated it's 10th birthday last year and we are all very proud of what we have achieved during that time. We are funding 16 PhD Research Scholarships, looking for an increased understanding of mental illness and how we can support and treat those affected.

Our annual Mental Health awareness day is called Blooming Monday and always falls on the 3rd Monday in January, also known as Blue Monday. We ask everyone on that day to dress in something bright, however small, to raise awareness and get people talking. Over the years, the day has developed and many regular supporters also bake and consume colourful cakes which adds to everyone's happiness on a grey Winter day. We would love you to join us. Get a group together at work, at a club, at home and show the world that talking about mental health is very important and should hold no stigma.

Visit our website at : <http://www.mentalhealthresearchuk.org.uk/home/blooming-monday> and see our posters, flyers and toolkit. Any money raised will go into our research projects but the main aim of the day is to get people talking and smiling.

We hope to enrol the support of the universities, schools and organisations and please feel free to share and forward this email to anyone who has been affected and wants a positive mission.

Don't forget to join us on Facebook and post your pictures on the day from wherever you are in the world.

Thank you for your support

Ann Dickinson ((Trustee)

PS. **Blooming Monday Poster** (for those eating cakes)



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