



Ride

for Mental Health

Making a difference
with every mile

Follow our easy to use guide to get yourself in the saddle in no time!

Rethink
Mental
Illness.

When you register, we'll send you an email with everything you need to get started on your Ride for Mental Health. With every mile you cycle and penny you raise you are helping people living with mental illness. And getting moving can help support your own mental wellbeing.

Follow our guide to get going

1. Choose your challenge!

100 mile distance over the course of one month, be that in your garden, on your static bike, or out during daily exercise.



Ride the distance from Lands End to John O'Groats (874 miles) as a team. Work together to hit your mileage count and your fundraising target.



2. Pick a date to start and plan how you will hit your target

You could ride 25 miles a week or do it all in one day. If you choose to ride Land's End to John O'Groats with a team make sure you work out together how many miles you are doing each before you start. Whichever way you do it let us know your plans by emailing: **events@rethink.org**. And remember to stay safe and follow Covid-19 guidelines.

3. Set up your Just Giving fundraising page

Click on the Just Giving link to set up your own page:
justgiving.com/campaign/rideformentalhealth

You can set your target, personalise your page and let people know the amazing challenge you have set yourself.



4. Spread the word!

Share your page with friends, family and colleagues to let them know what you are doing and how much this means to you. Social media is a great way to help spread the news and remind people about your Ride for Mental Health. Tag us on Instagram **@rethinkmentalillness**, on Facebook **@RethinkCharity** and on Twitter **@Rethink_**, along with **#RideforMentalHealth**.

5. Get fundraising

£75 raised we will send you a Rethink Mental Illness cycling top.

£150 raised we will send you a snazzy medal to say thanks for all your hard work. You can show this off to everyone you know and let them know what an amazing job you have done.

Why not get creative to increase your fundraising?

Organise a charity virtual pub quiz on Zoom or a virtual fancy dress Friday at work. We can support you with any activities you choose – email: **events@rethink.org** to discuss your ideas.

It's time to jump on your **bike** and start your **Ride for Mental Health!**

Are you using Strava on your cycles? Join our Rethink Mental Illness cycling group on Strava at strava.com/clubs/rideformentalhealth. You can share your progress with other riders, let them know what an amazing job you are doing and support each other on your journey.

You can make a difference



Don't forget!

Let us know what your plans are and do ask for help if you need it.

Email: events@rethink.org

or call: **020 7840 3063**

Every:

£10

could help us to answer calls to our Advice and Information line.

£25

could help support our webchat service, a live online chat service for people who are not comfortable talking on the phone.

£50

could help one of our experienced advisors to ensure our information is accurate and up to date – this is especially important in times of rapid change and uncertainty.



Registered with
**FUNDRAISING
REGULATOR**



**INVESTORS
IN PEOPLE**

Silver
Unit 2020



Challenging attitudes, changing lives.

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