



University Mental Health Advisers Network
16-17 Turl Street, 2nd Floor, Oxford, OX1 3DH
Tel: 01865 264170

Fundraising for UMHAN: A Guide

Thank you very much for choosing to support, donate or fundraise on behalf of the University Mental Health Advisers Network (UMHAN).

Your support allows us to continue our work in mental health promotion, influencing policy and guidance, and peer support and development relevant to people in Higher/Further Education settings experiencing mental health difficulties. We value your support and appreciate the effort that goes into such activity.

This fundraising pack includes information to help you fundraise. Contact us at umhan@live.co.uk for more information and promotion of your fundraising activities.

Why fundraise for UMHAN?

What is UMHAN?

The University Mental Health Advisers Network (UMHAN) is a **national UK charity**. We are a network of people who are dedicated to and have a specific practical role in **supporting students with mental health difficulties** in Higher Education Institutions.

UMHAN's aims are:

Influence policy and guidance • Promote rights and citizenship
Share good practice • Peer support and development • Mental health promotion

What will the money go towards?

Donations will help us:

- Develop more **training days, meetings, and resources** for staff members, ensuring Mental Health Advisers and Specialist Mentors across the country are **well-equipped to support students** facing mental health difficulties.
- Run **national campaigns** such as **University Mental Health Day**, raising the profile of student mental health.
- Fund the **day-to-day running** of the charity through the employment of staff.
- Increase UMHAN's presence at conferences and events, enabling us to be a **voice for mental health** in the Higher Education sector.

By supporting Mental Health Advisers, you enable us to support students. Your fundraising and donations are invaluable to helping us achieve our aims.

How to fundraise for UMHAN

Want to fundraise, but not sure how? Use these ideas to help you brainstorm.

Big ideas

- Do a **sponsored run**. Create a page with [BT MyDonate](#) to collect donations.
- Organise an **open mic** or **concert** with a donation for entry.
- Hold a **raffle**.
- See our [University Mental Health Day event guide](#): many of these ideas can incorporate fundraising.

Every little helps

- Run a **bake sale**. These excellent fundraisers can be organised at reasonably short notice.
- Encourage peers to sign up to [Easyfundraising](#) to make money for UMHAN as you shop online.
- Keep a **collection box** (template below) on your desk, at reception, on a stall, or at student events.

Promoting your fundraising

Let us know what you have planned so we can help you to promote it and inspire others along the way. We love to promote fundraising on our website and social media to say thank you for your efforts. Contact us via:

umhan@live.co.uk • [Facebook](#) • [Twitter](#) • [Linkedin](#)

Another great way to let people know about your activity is to blog about it via the [UMHAN blog](#). Have a look at our [blogging guidelines](#) for more information.

UMHAN Details

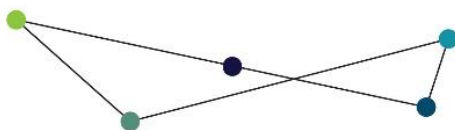
UMHAN is a registered charity, **no. 1155038**. Our office is at **16-17 Turl Street, Oxford, OX1 3DH**.

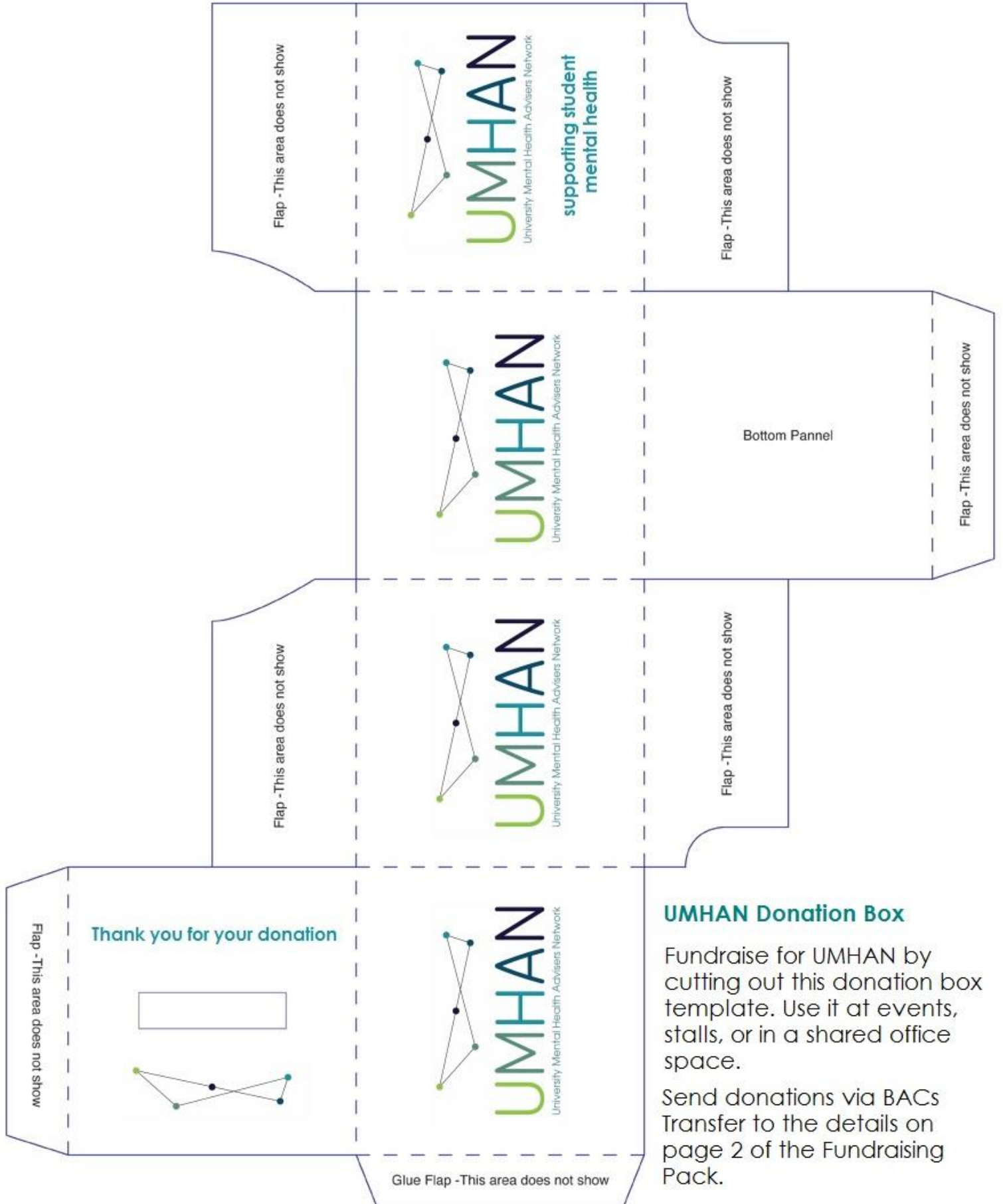
Contact us at **01865 264170** or by email on umhan@live.co.uk.

Bank account: University Mental Health Advisers Network
Bank: Cooperative Bank
Bank address: P.O. Box 250, Delf House, Southway, Skelmersdale WN8 6WT
Account number: 65775710
Sort Code: 08-92-99

Please send donations by **BACs Transfer** or [BT MyDonate](#).

Thank you very much for supporting the University Mental Health Advisers Network. Please find printable fundraising resources overleaf.





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supporting student
mental health

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Bottom Panel

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Thank you for your donation



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UMHAN Donation Box

Fundraise for UMHAN by cutting out this donation box template. Use it at events, stalls, or in a shared office space.

Send donations via BACs Transfer to the details on page 2 of the Fundraising Pack.

We are fundraising for



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Promote rights and citizenship
Share good practice
Peer support and development
Mental health promotion

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Thank you for donating!