

#31Tools2Thrive

**Build Your Self-Care Toolkit & Fundraise with us
for Mental Health Awareness Month!**



At MHC we know the importance of caring for one's mental health each and every day, so for **Mental Health Awareness Month**, we won't let one day go by without sharing our knowledge and expertise. This year we will celebrate **#31DaysOfWellness** with the theme of **#31Tools2Thrive**. Like Mental Health America's [#Tools2Thrive](#) campaign, we are breaking out our toolkits and highlighting our favorite self-care tools that can help you create resiliency and support wellness.

Our goal for #31DaysOfWellness is to encourage individuals across CT to build their personalized self-care toolkits. Every day in May will feature a new and unique tool. As we build our toolkits we ask that you help us build our facility reserves by joining our team of fundraisers for the MHC@Home Fund.

The **MHC@Home Fund** helps MHC maintain our residential facilities across CT. As a CARF Accredited organization, MHC sets and maintains high standards of care for those we serve, this includes the appearance, function, and warmth of our residential facilities. While in our care, we provide all the comforts of home possible to our program participants. A donation to the MHC@Home Fund is an investment in the safe and welcoming environments of those we serve through our residential programs.

Start Fundraising Today @
www.mhconn.org/31days

Ready to Fundraise?

Follow the below steps to join the FUNdraising team!

Step 1: Create a Fundraising Page

Go to www.mhconn.org/31days and click "Start Fundraising." Follow the prompts to set up your account. If you are creating a group or family fundraiser enter the name of your team leader.

Step 2: Set a Fundraising Goal

When setting up your page, you will be asked to set a fundraising goal. Any individual or group that raises \$250 or higher will get a special thank you gift from MHC and our Toolkit Sponsors!

Step 3: Tell Your Story

Your personal fundraising page is a place to share why you are fundraising with MHC. Insert text, photos, and videos to share your story. Not sure what to say? Use our template or check out pages of our other dedicated fundraisers for inspiration.

Step 4: Fundraise, Fundraise, Fundraise!

Once you launch your page, share it with your friends, family, co-workers, and beyond! Use the email and social share buttons on your page to access templates to help in your solicitation. MHC staff will cheer you on throughout the month with tips, ideas, and motivation to help you reach our goal.

Step 5: Thank your supporters

As donations come in we encourage you to share your gratitude for everyone who supports your fundraiser. Sending personalized notes, emails, or texts are a great way to show your appreciation.

Be sure to follow us on social @MentalHealthCT for daily updates on #31DaysofWellness and #31Tools2Thrive.

