



Mental
health
research

Schools

FUNDRAISING PACK



Be part of the next
**BREAK
THROUGH**
in mental health



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research

**Without research,
it's just guesswork**

Who is MQ?

MQ Mental Health Research is a global mental health research charity that launches research exploring the detection, treatment and prevention of mental illness. To achieve our mission of transforming mental health research, we follow four objectives:

1. Growing Talent.

We will invest and support the brightest researchers to expand capability and drive innovation.

2. Investing in Impact.

We will invest in research that drives change in policy and practice, whilst also challenging the status quo.

3. Challenging Inequality.

We will tackle mental health inequalities for young people, minoritised communities, and those living with serious mental health issues.

4. Engaging People.

We will triple the number of people who actively support mental health research and engage a diverse range of research participants.

What is MQ?

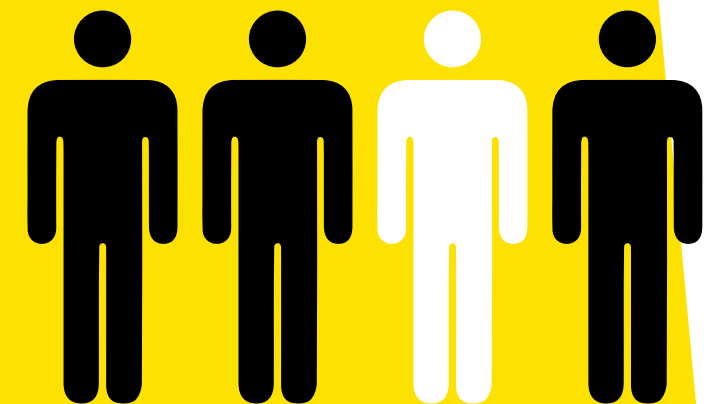
We already know a lot about IQ. We are learning ever more about the value of emotional intelligence or EQ. But our knowledge of Mental Health is way behind where it needs to be, and without research it's just guesswork. We desperately need to improve our MQ!

Through research into Mental Health, we can develop better treatments and preventions so that everyone can have a healthy MQ.

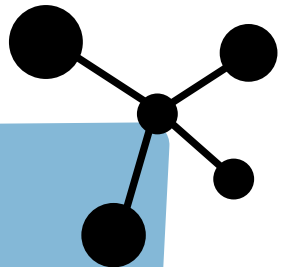
Why Mental Health Research?

In the UK, mental illness affects one in four of us. But right now, our understanding of mental illness is nowhere near where it needs to be. It can take an average of ten years to get an accurate diagnosis after symptoms develop.

Many treatments and interventions are ineffective, their side-effects can be exhausting and there is often a painful period of trial-and-error to reach a helpful solution.



Top facts

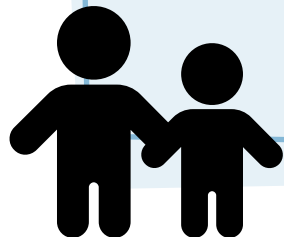


1 in 4 people

will be diagnosed with a mental illness this year, yet only 17% of investment goes towards research into prevention, diagnosis, and treatment.

75%

of life-long mental health conditions develop in childhood.



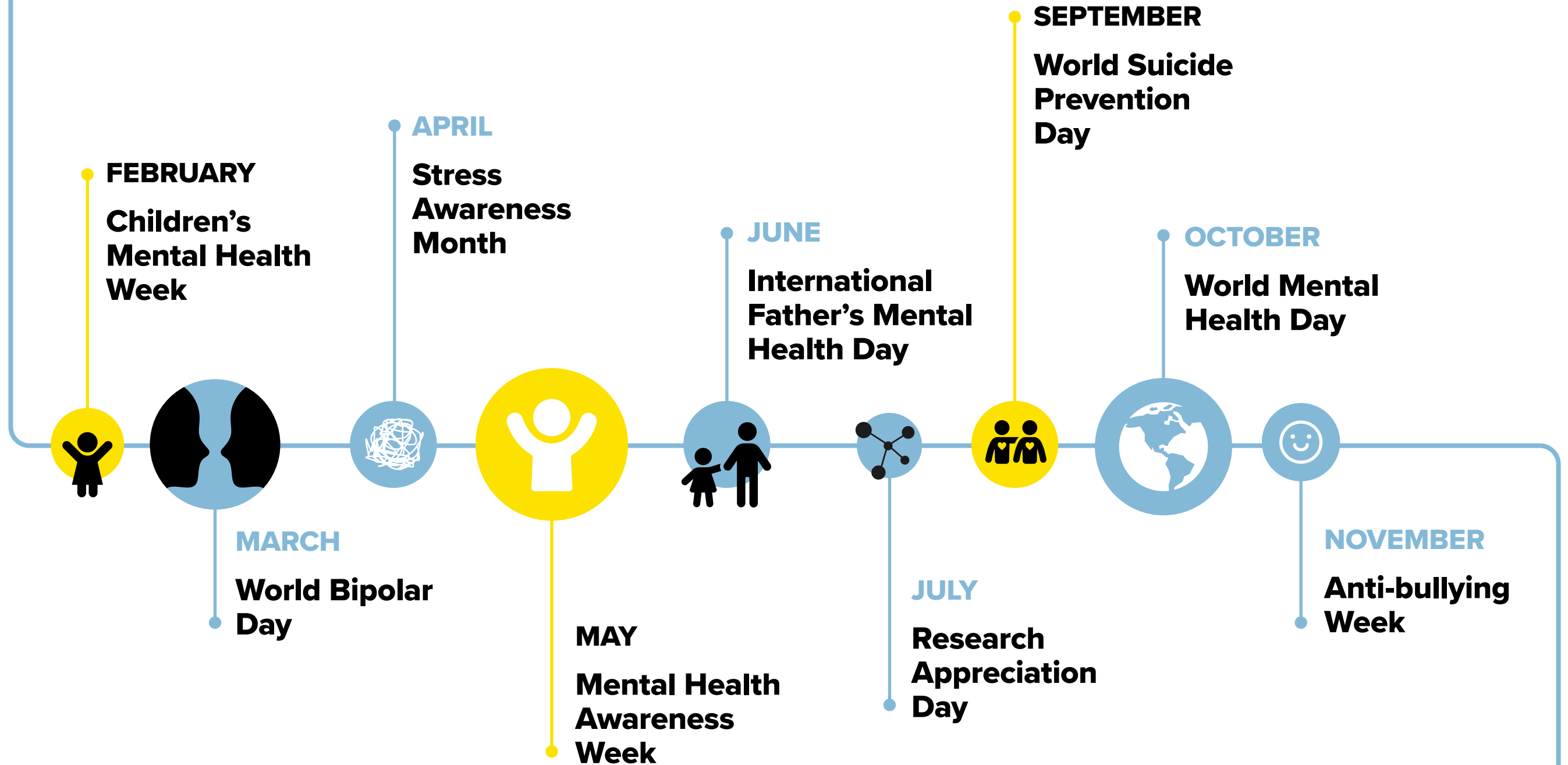
14% of teenagers said their own mental health is 'poor', whilst **57%** were pessimistic about the future; saying that it would be 'a lot' or 'a little' worse for people their age.

96% said that their illness had affected their schoolwork at some point.

48% said that they had been disciplined at school for behaviour that was due to their mental health.

Since 2013, MQ has invested over £23 million into more than 40 research projects across the world but we need your support to continue this vital research to help all those affected by mental illness.

Key dates



Fundraising ideas

ARTS AND CRAFTS

Run an arty competition for pupils to create artwork based around a fun theme.

BAKE SALE

Get your school baking to sell some delicious treats.

BOOK SALE

Raise money through selling pupils unwanted books.

CAR WASH

Get the sponges out and get the whole school involved in washing parents' cars. Best as a summer term activity.

DISCO

Sell tickets and encourage your pupils to get their dancing shoes on.

ECO DAY

Dress green and do good deeds for the day, like litter picking and recycling your rubbish.

EASTER EGG DECORATING

Ask pupils to paint and decorate eggs for parents to purchase.

FACE PAINTING

Get creative with face paints at fetes, fairs and children's parties.

FOOTBALL TOURNAMENT

Schedule fixtures and charge teams to enter. Ask local businesses for prizes.

GIVE SOMETHING UP

Get sponsored giving up something you love.

HALLOWE'EN PARTY

Another excuse to dress up and party. Charge entrance fees and raise money trick or treating.

INTERNATIONAL FOOD PARTY

Ask everyone to bring a dish from a specific cuisine.

JUMBLE SALE

See what old or unwanted items you have lying around to sell.

KINGS AND QUEENS PARTY

Ask people to dress as a King or Queen – royals should have money to spare!

LITTER PICKING

People will be very willing to pay you if you're cleaning up a local park, beach or playground. This is a way to help your local community while raising money, so everyone's a winner.

MAGIC SHOW

Invite a magician to the school or ask budding magicians in your school to get together and hold a magic show.



NON-UNIFORM DAY

Tried, tested, and loved by pupils everywhere! Ask pupils to pay a set donation (£1 or £2 each) to wear their own clothes to school.

OLYMPIC-THEMED FUN DAY

Get excited about the Olympics all over again by holding your own version – you could even split pupils into teams and give them names of countries.

PYJAMA DAY

Ideal for nurseries and younger pupils but fun for everyone, ask pupils to come to school in their favourite pyjamas with a donation in hand.

QUIZZES

This runs well by teachers for pupils, by older pupils for younger classes, or even pupils setting quizzes for parents after school. Source prizes from local business and get quizzing.

READATHON

A sponsored reading event run in primary and secondary schools across the UK, encouraging children to read for pleasure.

SPELLING BEE

A fun competition between teams or individuals to spell words. Who'd have thought a simple spelling test would ever become so popular! Charge on entry or get sponsorship.

TREASURE HUNT

Put together a treasure hunt, split pupils into pairs or teams and let the detective work begin. Ask a local business to donate a prize for the winning pair/team and set a suggested donation amount for entering.

UNIFORM DAY FOR TEACHERS

A twist on non-uniform day.

VEGETABLE GROWING

See what vegetables you can grow and sell. Vegetables could even be grown at school.

WORLD CULTURES DAY

Get pupils to dress up for the day, give each class a different country to base their theme on.

X MARKS THE SPOT

Host a pirate party. Include treasure maps, games and refreshments.

YOGA

Get your pupils involved in a fun keep fit class.

ZERO WASTE DAY

Create groups and challenge students and teachers to go fully zero waste for a week and see who has created the least amount of waste.

Find even more fundraising ideas on our website!



changing lives



The difference you could make...

£60

£60 could pay for one person to go through a trial course of an innovative, targeted treatment to reduce anxiety and depression. This can help to develop new and improved treatments for those with mental health conditions.

£100

£100 could help MQ researchers identify the links between inflammation and depression. This could potentially lead to the development of the first new treatment for depression in over 30 years, helping the 280 million people affected worldwide.

£250

£250 could pay for five blood samples to be tested for protein biomarkers. These are linked to the development of depression, and understanding them better should help improve detection and ultimately prevention.

£500

£500 could help speed up the peer review process for new research, getting developments in mental health treatment out of the lab and into practice quicker.

£1,000

£1,000 could pay for 4 volunteers' DNA to be examined to aid understanding of which genes are involved in the development of depression. This would then help to find new treatments and solutions for those affected.

£3,000

£3,000 could pay for 50 people to go through a trial course of a brand new, targeted treatment to reduce anxiety and depression.

£5,000

£5,000 could fund a lived experience consultation panel. By involving the very people most affected in the development of research, we can ensure the best solutions are found for the 1 in 4 of us impacted by mental illness.



We're dedicated to funding the best and brightest scientists worldwide to help us create a better future for all of those affected by mental illness. But we can't do it without you!

No single idea will tackle mental illness alone. We are committed to supporting collaborative research across all the sciences – biological, psychological and social – and across all types of research, from the laboratory to experimental psychology, clinical trials, and prevention studies too.

Thank you.



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