

24 in '24



It'll take more than a day to cure mental health problems. But by dedicating just 24 hours, you can be a part of the mental health solution.

Here are just some ways you can support us...

24 minutes

- Sign up to a monthly direct debit of £24
- Run 24 sessions of 24 minutes pilates (exercise) classes
- Create a piece of artwork in 24 minutes
- Take part in 2 or 4 challenge events
- Run for 24 minutes
- Donate £24 via the website
- Spend 24 mins taking part in research via MQ's Participate
- Sing songs for 24 minutes

24 hours

- 24 hour sports game with your club
- 24 hour festival in your community centre/village hall/other venue
- 24 hour sponsored silence
- Stream online for 24 hours
- 24 hour non-uniform or dress down day
- Write a story in 24 hours
- Make a movie with your friends
- 24 hour scavenger hunt with your school

24 days

- Walk 240,000 in 24 days (10,000 steps a day)
- Run 24 miles in 24 days
- Sell and bake cakes for 24 days
- 24 day dryathlon
- Sell 24 items of clothing/unwanted goods online
- Write 24 poems in 24 days
- Learn a new language for 24 days
- Auction 1 item every day for 24 days