Celebrate our 10 year anniversary by participating in our 10 for 10 campaign.

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

1. Run a 10k
2. Donate 10 tell 10 friends
3. 10,000 steps a day for a month
4. Bake 10 cakes and sell them (or multiples of 10)
5. Sell 10 old unwanted items of clothing
6. Do 10 press ups a day squats/situps/jumping jacks etc
7. 10 minutes walk every day for a month
8. 10 minutes mediation every day for a month
9. Stay silent for 10 minutes every day for a month
10. Get 10 friends and hold a cocktail party
11. Play 10 boardgames in a month
12. Skydive from 10k ft
13. Read 10 books (Kids challenge?)
14. Paint 10 paintings
15. Draw 10 drawings
16. Play rock, paper, scissors with a friend 10 times
17. Stream online for 10 hours (Twitch)
18. Sell 10 items online in a spring clean declutter
19. Write 10 poems
20. Journal for 10 mins every day for 10 days
21. Do 10 mins stretches every morning
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22. Share 10 things your mental health journey has taught you
23. Have a coffee morning at 10am
24. Host a pot luck dinner with 10 dishes
25. Take a picture of your 10 favourite people
26. Share your ten favourite memories
27. Ask 10 people how they are doing
28. Watch your 10 favourite film
29. Share your 10 favourite mental health tips
30. Learn 10 new words a day for 10 days
31. Volunteer for 10 Participate studies
32. Try a new hairstyle for 10 days
33. Learn how to say ‘how are you’ in ten languages
34. Listen to 10 new songs each day
35. Post a video or written post on social media every day for 10 days to chart your mental wellbeing – how are you feeling today? 
   And use hashtags #mentalhealth #10for10 and tag MQ (to show mental health is fluctuating – tell us your diagnosis, or not yet diagnosed but where you are on your diagnosis journey)
36. Dance 10 dances at a social event or learn 10 new dances (dance groups, kids dance classes – learn 10 new moves)
37. Learn how to count to 10 in a new language (kids)