

Multicoloured Monday

21st January



Blue Monday is a name given to a day in January (typically the third Monday of the month) reported to be the most depressing day of the year and many people who live with depression know that those feelings aren't dictated by the date... so we have decided to rename "Blue Monday" and celebrate the 21st January as "Multi coloured Monday"

So why not get dressed in the brightest coloured items of clothes you can find in your wardrobe (dig deep) and celebrate

leedsmind.org.uk/mulicolouredmonday



Leeds

Multicoloured Monday

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How to take part



Step One

Tell all your friends, family and colleagues to get involved



Step Two

Root through your wardrobe to find your brightest and most colourful outfit



Step Three

Ask your group to make a donation to Leeds Mind on the day to help us to achieve our vision of better mental health for all

If you want to go a step further with your fundraising, why not have a multi coloured bake sale, or come up with your own brightly themed fundraising idea for your home, office or school.

And most of all have fun by turning
“Blue Monday into Multi coloured Monday”



FUNDRAISING
REGULATOR

 @LeedsMind

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