

The countdown is on!

Join in on MITHN's kindness challenge on Monday 17th August

It's a simple challenge for all, that will make the day of your 5 nominees, making you feel great!

The challenge

- Fill in 5 statement template [found on our social medias below]
- Share a kind message to 5 others

Nominate 5 people

- Challenge your nominees to participate!
- Don't forget to use **#MITHNkindness**

Donate £5 or what you can!

- £5 = 1/6th of a counselling session
- £30 = 1:1 support for an individual



Find the template on: [@Mindithn1 on Instagram](#) and donate at www.justgiving.com/campaign/MITHNKindnessChallenge