

# DECORATE YOUR DESK FOR #HelloYellow

On 10 October, add a splash of yellow to your desk, workspace or office to say #HelloYellow and support children and young people's mental health on World Mental Health Day.

## First, we want everyone to wear something yellow

Wear yellow on World Mental Health Day and donate £2! Whether you choose a subtle splash of colour or dress like sunshine from head-to-toe, together we can show young people they're not alone with their mental health.

## Follow these five easy steps to decorating your desk

1. Create our #HelloYellow bunting and poster ([youngminds.org.uk/hy-resources](http://youngminds.org.uk/hy-resources)) for around the office, and just find anything and everything that's yellow.
2. Even if you don't work in an office, you can still decorate at school, at home or in your community.
3. It's time to decorate! Whether it's a yellow balloon, flowers or ribbon, make your desk as bright as possible.
4. Donate £2 to take part.
5. Make sure to take loads of photos on the day and share them with us @YoungMindsUK on social media! Don't forget to use the #HelloYellow hash tag.

## Want to raise even more? Follow these steps for additional ways to say #HelloYellow

1. Decorate and add a collection jar, place on your desk and ask everyone to donate their spare change.
2. Make it a competition! The desk with the most donations wins a prize.

**Most importantly, we want you to enjoy the day, so have fun!**

# DECORATE YOUR DESK ROSETTES

Use these rosettes to award 1st, 2nd and 3rd prizes to the most creatively decorated desks.

