

Sample Press Release

In support of Mind in Harrow

Asking the local media to promote or report your event is a great way to get more people to attend and also raises vital awareness of our work. Below is a sample press release for you to top and tail...

Fundraising Extravaganza for Mind in Harrow

For immediate release (insert today's date)

Local resident (insert your name, job and the area where you live) is organising/taking part in (insert details of your event, for example parachute jump)

(Insert your name) is facing this difficult challenge/organising this extravaganza to raise vital funds for Harrow residents who experience mental health problems. (Insert your name) will be (insert details of your event such as what it is, where it is, what time), with all proceeds going to leading local mental health charity Mind in Harrow.

Funds raised will help mental health charity, Mind in Harrow continue its vital work with 1 in 4 people who experience mental distress. Supporting over 1000 local residents every year, Mind in Harrow provides a unique local mental health helpline, counselling and support services to help people recover and rebuild their lives.

(Insert your name) has chosen to support Mind in Harrow because (reason here if applicable). To sponsor/support/come along to (insert event name), please contact (your name) on (your contact details).

To find out more about Mind in Harrow or speak to someone in complete confidence about mental health please call 020 8426 0929 or visit www.mindinharrow.org.uk

ENDS

Notes to Editor

For more information or interviews with (insert name) please contact (insert your tel no)

Mental health affects one in four of us at some time in our life, be it depression, panic attacks or a diagnosis such as bi-polar disorder. Every year Mind in Harrow supports over 1000 Harrow residents who experience poor mental health. Services include Harrow's only mental health helpline as well as counselling, employment support and educational and leisure course to help people develop their skills, self-esteem and confidence so they can recover and rebuild their lives.

How to send a press release

Personally contact the papers you want to send the press release to check the deadline. If you have a good photo you can use send it in, making sure everyone in it has given their permission for you to use the shot and please provide full names of everyone in the pictures.

Harrow Times:

Reporter, Adam Shaw

Tel No: 07824 530119

Email ashaw@london.newsquest.co.uk

Get West London:

Reporter, Steve Bax

Tel No: 020 3280 3201

Email steve.bax@trinitymirror.com