

**Mental Health
Awareness Week**

11 - 17 May 2026



Joy

is coming

open door 

Your support changes lives

To tell the truth, words cannot describe just how valuable Open Door was for me. There has been nothing more beneficial or transformative within my lifetime.

The sheer number of individuals that have had their lives transformed by Bazaar is truly breathtaking. I can say for sure that mine has been.

- Member of our Bazaar programme

Mental Health Awareness Week

The theme for 2026 Mental Health Awareness Week is 'Action'. Read on to find out what small but impactful actions you can take to support Open Door's life changing mental health programmes.

Share your support



Joy

Download and share our social media icons and posters to raise awareness of Joy with your friends and family.

[Click to download](#)

The more we spread the word, the more young people we can reach with our free, fast and effective mental health programmes.

Don't forget to tag us on our socials below!

Facebook: [/ODCharity](#)

Instagram: [@theopendoorcharity](#)

LinkedIn: [Open Door Charity](#)



Grab your sticker pack

Joy

Spread awareness and a little bit of Joy with our limited edition stickers!

Donate a minimum of £5 using the link below, to receive your sticker pack.



Donate
here!

Make your 'Pledge for Joy'

What can you pledge to do this year to support Open Door Charity, and our transition to Joy?

Share your pledge when making your donation using the link above for your sticker pack - this will be displayed on the campaign page!

Whether you want to volunteer your time as a Bazaar mentor, take on a challenge event to fundraise for our programmes, or nominate ODC as your club, society or workplaces chosen charity, there's so much you can do to get involved.



**Find more ideas
on our website**



Registered with
**FUNDRAISING
REGULATOR**

Thank you!

Your donation can help us to keep our support free and immediate, for those who need it the most.



£12

could cover the cost of **five Bazaar journals**, used to support and guide members with their progression through the 8 week programme; reinforcing their learning and providing a space for reflection between sessions.

£30

could cover the cost of **an hour-long workshop with OOMOO**, supporting children looked after in Wirral. Your donation could give OOMOO members the opportunity to take part in these therapeutic sessions.

£80

could cover the cost of **training a group of 10 volunteer mentors**, allowing them to provide life-changing mental health support to Open Door members.