



HOW TO TAKE PART



Choose a date

Pick a day and time that works for you and your guests.

1

Find a venue

Host it at home, in your workplace, school, at a community hall, or even outdoors!

2

Invite friends, family, and colleagues. Use posters, social media, or word of mouth to get people excited.

3

Bake it!

Get Creative with Cakes
Ask friends or family to help bake cakes, cookies, or other treats to sell.

4

Let us know!

Tell us the date and location of your event, and we'll drop off/send some literature to help.

5

On the day

Share conversations and stories about mental health. Encourage donations and remind everyone they're helping smash the stigma!

6

Thank you for being part of Tea4Change—you're making a real difference!