



## To Whom It May Concern,

I hope this letter finds you well. I am writing to you on behalf of **Bettermentall Together Health & Wellbeing**. We are a passionate team dedicated to supporting mental health and well-being within communities.

Allow me to introduce you to **Jason Rantall**, the driving force behind an inspiring initiative: Have a Chat Run with Jason. Starting on **July 11th 2024** from The Hub on the anniversary of Lucas Clarke who lost his life to suicide in 2022. Jason will embark on an incredible journey, running **3,249 kilometres over 100 days, tragically 3249 Australian lives were lost to suicide in 2022**. His mission? To honor those who have tragically lost their lives to suicide, to stand by their loved ones, and to empower those currently battling mental health challenges. Alongside this incredible feat, Jason is also passionate about engaging with communities to foster conversations about mental health and well being.

**The Purpose:** The primary goal of this event is to raise awareness about mental health issues, reduce the stigma surrounding mental illness and suicide by bringing people/communities together to create a pathway for people to feel comfortable to “Have A Chat” and express their thoughts and how they are feeling.

**How You Can Make a Difference:** As an organisation that values mental health and wellness, we are reaching out to seek your support for Jason’s “Have a chat Run.” By supporting this initiative, your organisation will not only be contributing to a worthy cause but also demonstrating your commitment to the well being of your staff and community members. Your sponsorship will directly contribute to mental health awareness, suicide prevention, and community empowerment. Here’s how you can get involved:

1. **Financial Sponsorship:** Your generous contribution will help cover logistical expenses, promote the run, and fund mental health programs.
2. **Host Jason in Your Town:** Have Jason run in your community, spreading hope and raising awareness. By hosting him, you become an integral part of this movement. Events can be tailored to suit the preference and needs of your organisation. It may include a group run with Jason followed by a talk or presentation where Jason shares his personal story, insights and strategies for promoting mental well being.
3. **Spread the Word:** Share Jason’s story with your network. Awareness is a powerful tool, and your voice matters.
4. **Visibility:** As a sponsor your organisation will receive recognition in promotional materials relating to the event, including social media posts, press releases and event signage. This visibility will provide valuable exposure for your brand among community members and beyond.
5. **Inspire Action:** Empower community members to take positive steps towards supporting their own mental health and that of others.

**Contact Us:** To discuss sponsorship opportunities, arrange a town visit, or learn more about Jason’s journey, please reach out to us at [info@bettermentall.com.au](mailto:info@bettermentall.com.au). We’d love to connect and explore how we can collaborate. [www.bettermentall.com.au](http://www.bettermentall.com.au)

Thank you for considering this meaningful partnership. Together, we can make a difference—one step at a time.

Warm regards,

Bettermentall Team