

Bermuda Mental Health Foundation



Steps To Mental Wellness



zestWELLNESS



**SATURDAY
OCT 11, 2025**



**BOTANICAL
GARDENS**

- CHECK-IN: 7:30 A.M
- WARM-UP: 8:00 A.M
- WALK STARTS: 8:30 A.M
- WELLNESS FAIR: 9:30 AM



Together, We Take Steps Toward Mental Wellness

About the Bermuda Mental Health Foundation (BMHF)

The Bermuda Mental Health Foundation (BMHF) is a Bermuda registered charity dedicated to promoting mental wellness and providing support for individuals living with mental health challenges. Our mission includes advocacy, education, and securing resources for housing programs that offer safe and supportive environments for individuals in need.

Through initiatives like the Steps to Mental Wellness 5K Walk, BMHF aims to foster a community of understanding and inclusion, while raising critical funds to support our mission and expand our programs.

About the Walk

Steps to Mental Wellness 5K Walk Overview

Now in its third year, the Steps to Mental Wellness 5K Walk has grown into a cornerstone event for the Bermuda community, championing mental health awareness. This walk brings together individuals, families, and companies to unite for a cause that affects us all—mental health

Growth Over the Years:

- 2023: 200 registrants, 140 participants.
- 2024: 254 registrants, 154 participants, with 11 companies competing in the Employer Fundraising Competition (EFC).
- 2025 (Goal): 350+ registrants and 15+ companies in the EFC.

Help CG Reduce Plastic Waste

Please bring your own reusable water bottles.



Sponsor Benefits

Why Sponsor?

Your sponsorship aligns your brand with a meaningful cause that positively impacts the Bermuda community. By partnering with BMHF, your support will:



Elevate Brand Awareness:

Gain visibility as a socially responsible organization dedicated to mental wellness.



Engage with the Community:

Build stronger connections with a wide demographic of participants, volunteers, and supporters.



Drive Positive Impact

Contribute directly to mental health programs that provide critical resources to those in need

Sponsorship Packages



GOLD RESILIENCE \$7,500

Helping individuals build strength and overcome mental health challenges.

- Logo placement on all event material and social media for 2025 Walk
- Recognition as Gold Resilience Sponsor during event speeches
- 10 complimentary Walk T-shirts for your team.
- Mention in the BMHF's post-event "Thank You" email to Participants

SILVER HOPE - \$5,000

Commitment to providing hope and support for individuals on their mental health journey.

- Logo placement on all event material and social media for 2025 Walk
- Recognition as Silver Hope Sponsor during event speeches
- 5 complimentary Walk T-shirts for your team
- Mention in the BMHF's post-event "Thank You" email to Participants

BRONZE MINDFULNESS \$2,500

Fostering community engagement and collective efforts to promote mental wellness.

- Logo placement on all event material and social media for 2025 Walk
- Recognition as Bronze Mindfulness Sponsor during the event
- 5 complimentary Walk T-shirts for your team
- Mention in the BMHF's post-event "Thank You" email to Participants

JOIN US IN TAKING STEPS TOWARD MENTAL WELLNESS

Your sponsorship will play a pivotal role in the success of the 2025 Steps to Mental Wellness 5K Walk and in supporting BMHF's mission to provide critical mental health resources to those in need.

NEXT STEPS:

- 1) Select your sponsorship level.
- 2) Contact Althea Winifred at althea@thebranddevgroup.com or via Phone at 441-621-2816 for more information.
- 3) Submit your sponsorship by June 30, 2025, to maximize your brand exposure in event promotions.

Together, we can create a community that understands, supports, and values mental wellness.

THANK YOU FOR YOUR SUPPORT!