**FUNDRAISING CASE FOR SUPPORT  
EMAIL TEMPLATE**

Hi <INSERT NAME>,

On the <INSERT CHALLNGE DATE> I am taking on <INSERT CHALLENGE DETAILS> and fundraising on behalf of Combat Stress.

Combat Stress is the UK’s leading charity for veterans’ mental health and for over a century, they have helped former servicemen and women deal with trauma-related mental health problems such as anxiety, depression and post-traumatic stress disorder. This <INSERT CHALLENGE DATE> I’ll be challenging myself physically as I train for this event, but I’ll also be challenging myself to raise funds on behalf of Combat Stress so they can continue their amazing work – and I need your help!

**Your donation has the power to help veterans tackle the past so they can take on the future.**

Just £21 can keep the helpline open for an hour and help ensure Combat Stress are there for veterans 24/7; £58 can pay for an individual session with an occupational therapist; and £210 can cover the cost of an online appointment with a Psychotherapist.

**Can you help me?**

I’ve set up a fundraising page here to update my closest friends on my Team Combat Stress journey: <INSERT A LINK TO YOUR FUNDRAISING PAGE>

Together we can make a lasting difference to the veterans who need us most. All you have to do is click ‘donate’ and you’ll instantly receive a receipt for your donation.

**Thanks so much for supporting me and a cause close to my heart. Together we can do this!**

**Many thanks,**

**<INSERT NAME>**