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**1.** Join RED January 2020 for FREE at[**redjanuaryformind.co.uk**](http://redjanuaryformind.co.uk)**.**

**2.** Buy your exclusive RED January 2020 t-shirt and snood. These are available

when you register. If you’ve already registered, log back into your accountat[**redjanuaryformind.co.uk**](http://redjanuaryformind.co.uk)and the option to buy them will appear.

**3.** Support yourself and others by setting up a JustGiving page for Mind. Your page can be set-up on your behalf when you register. If you’ve already registered, you can create your page by visiting[**justgiving.com/campaign/REDJanuary2020**](http://justgiving.com/campaign/REDJanuary2020)

**4.** For support and motivation, join your fellow REDers online. You can find us at **@REDJanuaryUK** on **Facebook, Instagram** and **Twitter.**

**5.** Print your calendar and start planning your daily activities -[**redtogether.co.uk/downloads/**](http://redtogether.co.uk/downloads/)When you register, you’ll be able to view and download 31 activity plans from our exclusive UK partners.

**6.** Become a RED Champion and inspire others to join you on your RED journey. We’ve written example social posts and emails to help you on your way -[**redtogether.co.uk/downloads/**](http://redtogether.co.uk/downloads/)

**7.** Turn your Facebook and Twitter page RED. Add the RED January 2020 cover photo and profile frame to your page -[**redtogether.co.uk/downloads/**](http://redtogether.co.uk/downloads/)

**8.** Share your RED January experience on your social channels, tagging in **@REDJanuaryUK** so we can follow your inspiring journey!

**9.** If you’d like to share the reasons why you’re joining RED January and raising money for Mind, please email[**hannah@redtogether.co.uk**](mailto:hannah@redtogether.co.uk)

**10.** If you have any questions about any of the above, please email[**redregistrations@mind.org.uk**](mailto:redregistrations@mind.org.uk)