



# Top tips for staying safe online

Get ready to power up and raise money for SAMH through your livestream or gaming fundraiser! We've put together some of our top tips for ensuring your fundraising is a big success, while also keeping yourself physically and mentally healthy.



## Break Time

Ensure that you take regular breaks throughout your livestream to give your mind, body and hands a rest. Take this opportunity to make sure you're hydrated and well stocked with healthy snacks. You could even try doing some stretches to ease off any stiff muscles.



## Be Kind When Choosing Your Game

It's a good idea to take a moment to think about whether the game you have chosen is appropriate for all players, and your audience if you plan to stream. Should you add in any trigger warnings? Is this a new game which needs a 'spoiler alert'? If the content could be considered offensive to others, or triggering for those who have experienced trauma or mental health problems, you may want to consider another game.



## No Excuse for Abuse

**You have the right to feel safe online.**

If you are feeling uncomfortable with questions being asked or things being said during your livestream, you can report them via the platform you are using. If you're planning to stream, make sure you're comfortable with how to block, report and mute potential trolls on your chosen platform. You might also want to consider having a trusted friend or family member available to moderate chat or be in the room with you during your stream.



## We're Here To Help

It's important we enjoy the activities we love in moderation to protect our mental and physical health. If you're struggling with your mental health, want to find out about support in your area or have a question about mental health, the SAMH Information Service can help – visit [samh.org.uk/info](http://samh.org.uk/info) for more details.

If you have any questions or would like some advice about how to fundraise for SAMH through your livestream event, please get in touch at [fundraising@samh.org.uk](mailto:fundraising@samh.org.uk)

Thank you so much for supporting SAMH through your livestream fundraiser. We hope you have fun while playing your favourite games and raising vital funds for Scotland's mental health!



## Take Care When You Share

You might not always know everyone who joins your livestream so it's important to be careful when sharing your personal information online. It's also a good idea to be mindful of the conversations you are having and the language you use.

Range of gaming icons:

