

YOUNGMINDS

fighting for young people's mental health



Impact Report

2017-2018



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It is a pleasure and privilege to have become YoungMinds' Chair of Trustees, in what is both an exciting and a challenging time for our charity.

As we enter our 25th anniversary year, there are many reasons to be optimistic about YoungMinds' future journey. This is chiefly thanks to the strong position in which the recently departed Chair and Chief Executive, Carole Easton OBE and Sarah Brennan OBE, have left us. I'd like to take this opportunity to formally recognise the incredible job they did in enabling YoungMinds to become the sector leader we are today.

We have nearly doubled our income in the last couple of years alone. Our reach, influence and impact has grown exponentially as we continue to be the UK's leading charity fighting for children and young people's mental health.

Our work continues to showcase the very best of YoungMinds. Through our flagship **Amplified**

programme, we are redefining how young people, parents and professionals are involved in the design and delivery of mental health services, across the NHS and beyond. Our powerful campaigns, like **Always** and **Wise Up**, are starting to transform the way the Government tackles the mental health crisis. Our **Parents Helpline** continues to deliver an invaluable service to the increasing number of parents with nowhere else to turn. And through new initiatives like **YoungMinds 360° Schools**, we are training and supporting more teaching professionals than ever before.

On top of all this, we have undertaken an ambitious internal transformation programme to modernise the way we work, giving us the capacity to further grow our impact.

In spite of these positive developments, this is still a challenging time for our charity. The spotlight remains squarely on children and young people's mental health for very good reason – the scale of the problem is huge.

When we surveyed young people for our 25th anniversary **#FightingFor** report, just 9% said that it had been easy to get help for their mental health once they'd taken the brave step to ask for it – a stark reminder of how much work there still is to do.

On behalf of YoungMinds, I want to acknowledge everyone who has supported us in any way this year – we quite simply could not do without you. Thank you for everything that you have done and continue to do.

I am proud and humbled to be leading this unique and brilliant charity, and greatly look forward to working with friends and partners, old and new, as we continue our fight for a future where all young minds are supported and empowered, whatever the challenges.

Dr Elizabeth Vallance
Chair, YoungMinds



Our vision and mission

YoungMinds is the UK's leading charity fighting for a future where all young minds are supported and empowered, whatever the challenges. We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

The crisis in children and young people's mental health is real and it is urgent. More children and young people than ever before are reaching out for help with their mental health. But for those who take that brave step, help is much too hard to find.

Together, we are changing this. We're fighting for young people's mental health. Join our fight.

Our Strategic Objectives

We ensure the most vulnerable children and young people get help by fostering innovation to meet their needs.

We promote good mental health to more children and young people than ever before.

We empower young people and parents to be a force for change by championing their voices to influence mental health policy and practice.

We help professionals provide excellent support by inspiring excellence to achieve transformed, integrated services.

What's the problem?



One in four children show some evidence of mental ill health.



Half of all mental health problems appear before the age of 14, with one in four enduring mental health conditions present by the age of 24.



Three in four children with a diagnosable mental health condition do not get access to the support they need.



Children's mental health receives around **8%** of the total amount the NHS spends on mental health.



The average maximum waiting time for Children and Adolescent Mental Health Services is **6 months** for a first appointment and nearly **10 months** till the start of treatment.



25 years **#FightingFor** young

people's mental health



Growing up today...

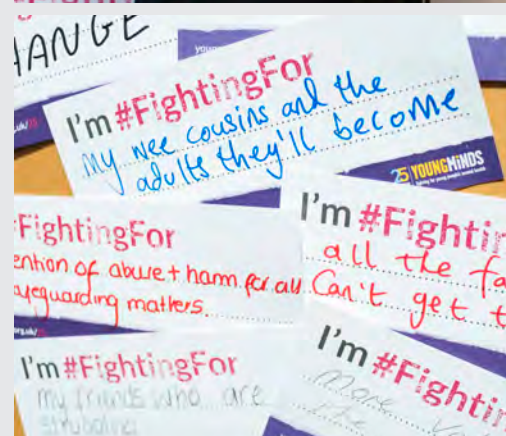
YoungMinds formed in 1993, when a group of mental health professionals with a passion for improving mental health support for children and young people decided to come together to fight for change. And in the 25 years since, we've seen many changes.

One change has been how different it is to grow up in Britain today. Childhood has changed enormously, with children and young people facing a range of new and different pressures to that of previous generations.

In the spotlight

Another big, and very positive, change is that young people's mental health is at last in the public and political spotlight. Having been overlooked for years, the crisis in children and young people's mental health is now widely recognised, and more young people feel able to talk about their mental health than ever before. And at YoungMinds we are proud of the big part we have played in making this happen.

youngminds.org.uk



Help is still too hard to find

But despite the progress and attention the issue is finally receiving, one thing still hasn't changed – when young people do reach out for help, it is still much too hard to find. In fact, fewer than one in ten (9%) told us that they'd found it easy to get support.

In our 25th year, what we do has never been more urgent or necessary – leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

We're #FightingFor change

That's why we've launched our #FightingFor campaign, giving a platform for our supporters to speak out about what they're fighting for and empowering and inspiring our amazing fundraisers to raise £2.5million to further our mission.

We're #FightingFor young people's mental health. Join our fight at youngminds.org.uk/25

Our **Activists** are at the heart

of everything we do

Last year, we trained **81** new Activists as part of our flagship volunteer programme.

Our Activist programme empowers young people aged 14-25, with experiences related to mental health, to **join our fight**.

Being an Activist means learning new skills, growing in confidence and being at the forefront of YoungMinds' campaigns.

Here are some of the ways our Activists have been **#FightingFor** young people's mental health...

Told their stories on the BBC news, in The Guardian and The Sun, and written **23** articles

Got **involved in crucial consultations**, including on beds in mental health hospitals, cyber-bullying and the Government's Mental Health Green Paper

Presented in parliament and at political party conferences

Led prestigious national mental health conferences and delivered **15** training sessions to professionals

20 Activists progressed to paid Youth Advisor roles on key YoungMinds programmes, further increasing their voice and influence throughout our charity



We're fighting for the most

Mental ill health makes young people vulnerable. But, other vulnerabilities or adverse experiences such as abuse, family breakdown, racism and bereavement can also cause mental health problems. These young people have an increased chance of experiencing poor mental health outcomes yet, too often, cannot access the right care.

“There are times when I don't leave my bed for days at a time. YoungMinds has, throughout my depression, been something that gets me out of bed - it's a reason to continue.”

Aaliyah, YoungMinds Activist



vulnerable young people

We're fighting for the most vulnerable young people so that when they need inpatient care, it works for them. If they need medication – they feel in control of why and what the effects are. And for those with complex needs, all children's services recognise and understand the impact on mental health.

We supported 322 professionals to help build resilience in asylum seeking and refugee children

Through our YoungMinds Welcome programme, funded through the Linbury Trust, we delivered two conferences, 6 training sessions, a foster carer support group and participation with young people. The project is empowering professionals to have a positive impact on the mental health of some of the most vulnerable children in the country.

Our Always campaign is strengthening the rights of young people in inpatient care and their families

We have led the sector support for new legislation, Steve Reed MP's Mental Health Units (Use of Force) Bill, which would reduce the use of force and restraint in mental health hospitals and increase transparency in reporting incidents and investigating deaths. We have also worked closely with the Department of Health to ensure that children and young people are a priority in the Mental Health Act Review.

We led the way on fighting for trauma-informed services and care to be a national priority

We published Addressing Adversity, funded by Health Education England, which brings together the latest evidence on the impact of adverse childhood experiences on the mental health of young people. In addition, we have been collaborating with other charities to raise understanding of adversity and trauma-informed care, including one on substance use with AddAction.

We're fighting for the most

We supported **409 frontline staff** to work more effectively with **children and young people affected by trauma**

Our Addressing Adversity course, funded through Health Education England, was delivered through three conferences and nine training sessions in London, Birmingham and Liverpool as well as three introductory Communities of Practice. 100% of participants said they would recommend the course to colleagues and 93% said the training increased their knowledge.

Our HeadMeds website helped **1,170,713 people** with straight-talking advice and information about mental health medication

HeadMeds is a unique and invaluable resource for young people seeking reliable, accessible information on their meds and, on average, reaches 100,000 people per month.

Next year we will...

- Ensure the rights of children, young people and families are strengthened through the Mental Health Act reforms and the Mental Health Units (Use of Force) Bill.
- Challenge decision-makers to be more ambitious in the transformation of children and young people's mental health services, making the case for greater investment
- Work with young people to co-create new resources to help young people know what to expect when they receive inpatient care
- Improve the experience of parents and carers whose children access inpatient care by co-producing a parent and carer toolkit with NHS England

vulnerable young people



We're fighting to promote good

We believe that to really improve children and young people's mental health, we have to prevent the escalation of early problems becoming serious illness. Services are already struggling to meet growing demand.

mental health

So we are helping children and young people understand their mental health, helping schools to develop young people's wellbeing, coping skills and resilience, and supporting parents in understanding how to best help their children and themselves.



“I was so desperate I didn't know what to do. I didn't know how to cope. I didn't know which way to turn - without that person on the phone, calming me down, I don't know what I would have done.

As a result of that it changed for everybody else as well.”

Parents Helpline caller

youngminds.org.uk

Our Parents Helpline made a huge impact this year with 12,733 parents receiving high quality support and advice from our helpline staff and volunteers.

In our external evaluation of the helpline, email and call back services, 77% of parents felt more informed after contacting the helpline, rising to 88% of those who received a call back. 96% of callers who received a call back described the service as beneficial.

We got 60,000 people to show young people they're not alone with their mental health

Over 2,000 schools and organisations took part in #HelloYellow, our flagship awareness campaign, on World Mental Health Day. With the support of YouTuber and YoungMinds Ambassador Daniel Howell, they helped us to raise £41,000 and share the #HelloYellow hashtag 60,000 times.

Our Wise Up campaign secured major breakthroughs in ensuring wellbeing becomes a priority in all schools

In response to our campaigning, the Government's Green Paper on children's mental health included some significant wins, including training for designated mental health leads in schools and a commitment to include mental health in the school curriculum. The campaign messaging was mentioned over 2,000 times in the media. The Prime Minister even visited YoungMinds to meet our activists about the campaign.

We're fighting to promote good

Our new website has been accessed 4.6 million times by over a million people in the UK

Working with young people, parents and professionals, we have ensured that our website provides more people than ever with the advice and information they need, when they need it.

Our live, interactive parent advice sessions have been viewed over 100,000 times

Parents Lounge, broadcast on Facebook Live, has helped thousands of parents to access expert advice and insight into some of their biggest parenting challenges. We have responded to over 500 questions from parents on topics like exam stress, school-refusal, self-harm, cyber-bullying and many more.

We helped thousands of parents #Take20 with their children

Our new campaign encourages parents to spend twenty minutes each week doing any simple activity with their child, to allow them to check in on their mental health. The #Take20 resources, including conversation starters and 'how to' videos, have been viewed 34,000 times.

Next year we will...

- Pilot a Parent to Parent Callback, offering peer support and a space to share experiences
- Increase the reach and the quality of the information we provide to young people and parents
- Develop partnerships with Beano Studios and Facebook to reach more young people online than ever before with the help they need
- Partner with Mental Health Innovations to provide a 24/7 text support service for young people and parents in crisis

mental health



"I had nowhere to turn and the advice and guidance was an amazing start to a long process. Without the helpline I wouldn't have gone on and got the support my daughter needed. She now has a care worker who visits her once a week to support her."

Parents Helpline caller

We're fighting for a stronger voice

The best insights and most effective change agents are young people and parents who themselves have experience of mental health problems and the barriers they face.

“When I was 19 I got diagnosed with anxiety and depression and it became a circle. I found YoungMinds and it made me feel I wasn't alone in the struggle. I could use my experiences to help others and fight for change.”

Alex, YoungMinds Activist

for young people

YoungMinds has led the fight nationally for young people's and parents' participation to become central in government policy and service design. We are proud to have built on these foundations with new projects and increased reach last year.

Our Amplified programme is giving a stronger voice to young people and parents in the mental health system

In partnership with NHS England we've worked with commissioners, providers and system leaders across the country to increase the participation of young people and their families in the children and young people's mental health system. We also built the confidence and skills of professionals with 96% of training participants reporting increased knowledge about participation.

47 young people and parents were involved in leading and delivering the first year of the Amplified programme

3169 individuals joined our Amplified Digital Participation network and 2750 individuals responded to our Insights Survey sharing their views and experience of participation.

Our Activist Programme empowered 81 young people to participate in mental health campaigning and influencing

We involved young people in the leadership and delivery of our programmes of work with 20 Activists progressing to become paid Youth Advisors. We amplified young people's voices across the country through Activist involvement in the inpatient CAMHS bed re-allocations, the Cyberbullying Inquiry and the NHS England Commissioner Development Programme.

We're fighting for a stronger voice for young people

Over 1,000 young people helped us persuade the Government and social media companies to do more on internet safety

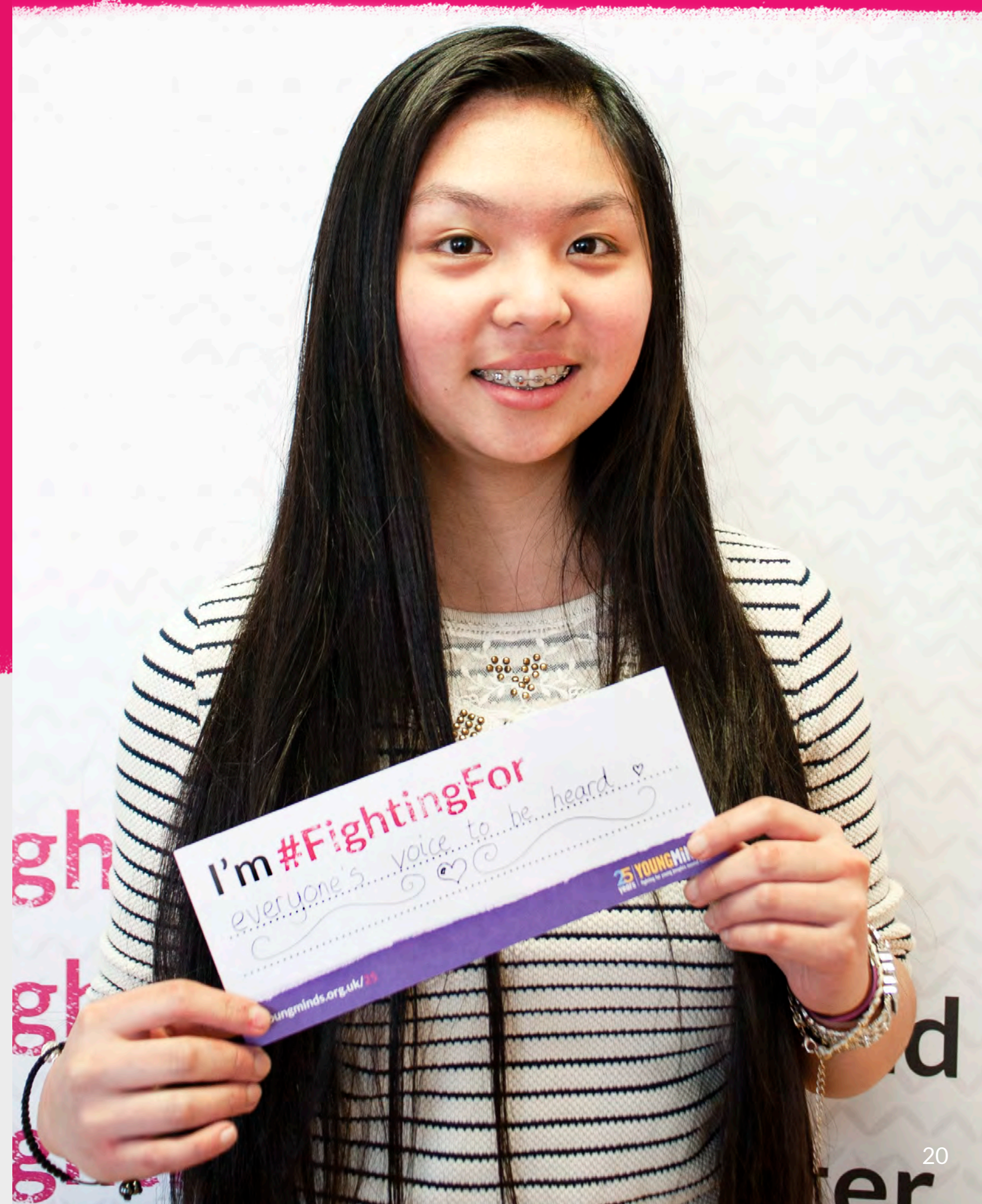
Alongside The Children's Society and Alex Chalk MP, we conducted a Cyberbullying Inquiry in Parliament. Taking evidence sessions from social media companies, YoungMinds Activists and other expert witnesses, and engaging directly with the Secretary of State for Culture, Media and Sport, we successfully influenced key changes in Government policy.

We equipped 1,235 school children with the skills and understanding to find their feet when moving up to secondary school

Our Find Your Feet programme, funded by the ASDA Foundation and co-produced with school children, reached 4,297 children, teachers and parents with training and resources on the transition from Year 6 to Year 7.

Next year we will...

- Put participation at the centre of service design and improvement through projects in communities across the country, through NHS England services and through training and upskilling 1,000 more professionals
- Improve transitions between child and adult mental health services in North West London through a participation centred project
- Put young people in the centre of our campaigns through our Activist programme and co-design tools and resources to empower more young people to speak out about their mental health
- Pilot innovative new ways to give young people a stronger voice online



We're fighting for better services

We know that far too many children and young people aren't getting the support they need, when they need it. Thanks to years of campaigning, new Government funds and policy initiatives have been forthcoming. But we know that service providers in all sectors are stretched and more young people are seeking help than ever before.

"The trainer was brilliant at linking practice and theory. She gave us some fantastic resources which will help me change the way I work with young people. She made me feel good about myself as a Practitioner."

Training participant

for young people

Through our respected training, consultancy, advice and information, we are helping professionals better understand what children and young people need. Based on our real world understanding of young people's mental health, we are increasing skills, understanding and service quality where it is needed most.

Our 360° Schools' Community supported thousands of teachers to put wellbeing at the heart of their whole schools' improvement

YoungMinds 360° Schools is our one-stop shop for mental health, wellbeing and resilience for schools across the country. We trained 4,991 school staff this year and our 360° Schools' Community provided 4,500 of them with free teaching resources, tips and advice.

We've helped 275 school staff to take a whole school approach to pupil wellbeing

Using the Academic Resilience Approach, we have transformed the way schools improve pupil wellbeing. In Nottingham alone, we worked across 15 schools and trained 275 members of school staff. 100% of them have reported an increased understanding of mental health.

We supported thousands of primary school staff to access high-quality mental health resources

Funded by the Royal Foundation and launched by The Duchess of Cambridge, Mentally Healthy Schools ensures all staff working in primary schools have access to the best mental health and wellbeing teaching resources, all on one quality-assured website. This is a partnership project with The Anna Freud Centre and Place2Be.

We're fighting for better services

Our new participation consultancy model has put **1,200 young people's voices** at the centre of service design and improvement

We published 'Transforming Together', our evidence-based, practical approach to driving sustainable transformation. Using this model, we have worked with commissioners and providers from London to Doncaster to involve their front line staff, young people and parents in generating change.

We provided training to **empower 8,187 professionals** on the front-line of the crisis

97% of professionals reported they would recommend our training in children and young people's mental health, wellbeing and resilience to colleagues.

Next year we will...

- Continue our YoungMinds Welcome project by training professionals in Tees Valley, as well as in Kent and Croydon
- Work alongside the Youth Sport Trust on a Sport England funded project to improve the mental health of BAME (black, Asian and minority ethnic) boys in Haringey through sport and social action
- Run our Accredited FARA (facilitating the academic resilience approach) course, empowering schools to build and improve the emotional resilience of their students
- Grow our 360° Schools' Community to support more education professionals than ever to improve the wellbeing of their students

for young people



Message from our youth panel



YoungMinds has been on a phenomenal journey over the last year, and it's exciting to see how much the Youth Panel has contributed to that journey. We've gone from strength to strength, from helping to develop policy and driving the brand strategy to appointing the new CEO.

The Youth Panel was set up just over two years ago, and in that time we've made a huge impact. By putting the young people we speak up for at the heart of YoungMinds' decision making, we give them a stronger voice in their future and ensure their experiences can change things for the better.

YoungMinds has a proud history of working with other organisations, charities and the Government on tackling the great injustices of our time – the lack of funding and resources in CAHMS and the stigma that is still attached to ill mental health. Whilst these issues still exist, YoungMinds continues to fight to improve the outcomes of children and young people.

I would like to pay a special thanks, on behalf of the Youth Panel, to Carole Easton and Sarah Brennan for their tenacity, leadership and hard work. We said goodbye to Carole as our Chair of Trustees and Sarah Brennan, as CEO, who worked tirelessly to bring YoungMinds to the place it is today - everyone will miss her enormously. I would also like to pay tribute to all YoungMinds staff who often go above and beyond to ensure we can continue to fight for change.

It is vital that the public continues to support us in our work, as without that, YoungMinds is really nothing. I'm optimistic for the future of YoungMinds and I look forward to continuing to tackle the challenges that remain.

I'm extremely proud, and privileged, to say that I am a YoungMinds Youth Panellist and I hope that everyone reading this report can see how vital the work we do really is.

Josh
YoungMinds Youth Panellist

Transforming YoungMinds

The profile of children and young people's mental health has grown enormously in recent years. And with it, so has YoungMinds – rapidly, in fact. In the last two years, we have almost doubled our income.

As we grow, we need to ensure that we grow strategically and responsibly. This means making sure our growth delivers the biggest possible impact for young people's mental health. It also means making sure that we are setting ourselves up to be sustainable, and to make the most of future opportunities to do even more.

Throughout 2017 and 2018, YoungMinds has been going through an ambitious transformation programme to help us achieve just that.

Our transformation is helping us to:

Be more assertive about who we are and what we do

We have re-articulated our vision and mission, developed new values and launched a new

strapline: Fighting for young people's mental health.

Develop our digital capabilities

We know we can have an even bigger impact if we do more to embrace emerging technology. Through our transformation we are exploring where digital can best improve the way we work and investing in the people and partnerships that can make it happen.

Improve the way we share information and measure success

We have organised our work around six clear programmes and now have the people, the systems and the processes to make sure our charity is always pulling in the same direction with a single-minded focus on impact. No transformation is easy and embedding this change will continue to be a strategic focus in 2018/19 – but going through it is putting us in a far stronger position to achieve our vision of **a future where all young minds are supported and empowered, whatever the challenges.**



Thank you for #FightingFor

young people's mental health

Thanks so much for all you do to raise funds for our work and fight for a future where all young minds are supported and empowered, whatever the challenges.



London Marathon 2018

This year's London Marathon was our biggest yet, with **49 runners** raising an incredible **£103,000** and counting. We cannot thank them all enough for the effort they put into training, fundraising and taking on the 26.2 miles during London's mini-heatwave!



Alex Staniforth broke the world record for climbing the highest peak in every county of the UK on bike, foot and kayak in 72 days, raising over **£25,000**. Alex was YoungMinds' first ever finalist in the category of Endurance Fundraiser of the Year at the JustGiving Awards 2017.

youngminds.org.uk



#HelloYellow

In its second year, our flagship fundraising campaign #HelloYellow helped to raise **£40,927** to show young people they're not alone when it comes to their mental health.



YoungMinds Comedy Night

Some of the biggest names in comedy came together to support YoungMinds in a one-off Comedy Night at Shepherd's Bush Empire. This amazing night raised **£50,873**.

Coral Jones and a team of 12 riders cycled across 7 countries in 7 days in memory of her cousin Jamie Shand, raising nearly **£22,000**. Jamie's family and friends have now raised a total of **£34,621** for YoungMinds.



Long-term supporter **Frank Roberts** has completed the London Classics, Swim Serpentine 2 Mile, RideLondon 100 and London Marathon all to raise awareness and **£3,125** for YoungMinds.



The Trailblazers Club's **Josh, Hadyn** and **Thomas** travelled over 3,000 miles from the UK to take on the Wadi Rum Ultra Marathon in the Jordan desert. They covered 260km in five days, raising over **£16,000** for YoungMinds.



The entire community at **Abbey Gate College** chose YoungMinds as their Charity of the Year, hosting talent shows, running the Chester Half Marathon and cycling from the school in Chester all the way to our head office in London, raising over **£16,000!**



At 11 years old, **Erin Spray** is the youngest person ever to cycle the epic LEJOG route with dad Chris, raising over **£4,500**. Erin received the Cycling UK Young Achiever of the Year Award 2017 and the Young Citizen Award.

Staff at **Regard Group** raised an amazing **£10,000** throughout the year with a variety of events including picnics and an inflatable 5km event.

Sue Roberts held the Young Minds Matter event, a charity dinner and concert raising **£9,570**. The evening entertainment included performances from young musicians in Warwick and a range of speakers such as Michael Mansfield and Dave Chawner.



During their fundraising week, **Fresh Student Living** staff and students raised over **£4,000** with over 48 student halls taking part in activities including bake sales and raffle collections.

Last year's **Waitrose** Christmas cards raised an amazing **£59,000** for YoungMinds.



A team of five 17 year olds cycled 500km in 4 days from Roscoff to La Rochelle in France, raising over **£21,000**.

The **NACFB** 25th Anniversary Gala Dinner raised an impressive **£20,000** through raffles and auctions.

Where we're going...



I take over as Chief Executive at a time when YoungMinds and my predecessor, Sarah Brennan OBE, can be justly proud of the role they have played in fighting for young people's mental health. The landscape of young people's mental health has transformed in recent years and YoungMinds has played a pivotal part in this.

However, young people still desperately need better access to support and improved services. Despite the ever-growing media focus, we regularly hear from young people who have waited months to get help, parents at their wits end trying to support their children, and professionals at the frontline of support, held back by a system struggling to cope.

The fight for young people's mental health is more critical now than ever.

Next year, YoungMinds will continue to create positive, lasting change for young people and their families. Our **#FightingFor** campaign will push for a new era for youth mental health support, demanding a new

funding settlement to meet growing need. We will pilot a **new training programme** to help parents to support their children's mental health, and increase the voice we give to young people through our **Activist and Amplified programmes**. As part of the **Heads Together** campaign, we will continue to support the rollout of a brand new **24/7 text support service** for young people and parents in crisis, to operate alongside our 'life-saving' Parents Helpline. Our exciting new partnership with **Beano Studios** will ensure we can reach out to younger children through online channels, and a partnership with **Facebook** will deliver a vital new campaign to help young people understand and manage their emotions.

Alongside our work on the ground, we will better use the insights, interactions and experiences of young people and their families, to understand and respond to their needs. Through exploring new digital solutions, collaborations and partnerships we can develop further support and opportunities to meet these needs.

Our work is only possible thanks to the individuals who go to such lengths to fundraise for us and those who have joined our fight in whatever way they could.

A huge **thank you** to everyone who has supported us on our journey so far.

Emma Thomas
Chief Executive, YoungMinds

Our funds

Our income in 2017-18	£'000	%
Projects and services	799	20
Donations	2,423	60
Training contracts	717	18
Other	93	2
Total income	4,032	100

For every £1 we spent on fundraising in 2017-18, we raised £6

How we spent the money we received in 2017-18	£'000	%
Parents Helpline	769	19
Youth participation	91	2
Fundraising	537	13
Training and consultancy	1,685	42
Policy and information	894	23
Publications	23	1
Total expenditure	3,999	100

Our reserves	£'000	%
Unrestricted reserves	1,346	86
Restricted reserves	213	14
Total	1,559	100

We would also like to thank all those who currently and have previously given their time and support to YoungMinds enabling us to continue our work, including our founders Peter Wilson and Judith Trowell and Earl Listowel for his ongoing engagement with our charitable objectives.

We are incredibly grateful to all of our supporters for their generosity. Sadly we are unable to list everyone, but we would like to thank the following supporters who made significant grants or donations in 2017-18.

- The 3 T's Charitable Trust
- Asda Foundation
- BAE Systems
- Bancroft's School
- The Batchworth Trust
- BBC Children in Need
- Sophie & Oscar Beasley
- Big Lottery Fund
- The Brook Trust
- Bupa Foundation UK
- Capital Generation Partners
- Challenge Adventure Charities
- John Coates Charitable Trust
- Co-op Foundation
- Cumnor House School
- Dust & Dance
- Maggie Eisner and Sal Bham Essex Trust
- Evan Cornish Foundation
- Esmée Fairbairn Foundation
- Sean Fletcher
- Gowling WLG
- Grafton Bespoke
- Gresham's School
- H&H Group
- Paul Hamlyn Foundation
- Hands Trust
- Haskel Family Foundation
- Hewlett Packard Enterprise, Bristol
- Amy Hopwood
- Simon Vint Horner
- HQR London
- HSBC Wales & Western England Business Banking Teams
- JD Foundation
- JFS School
- Wendy Jordan
- Lake House Charitable Foundation
- Beatrice Laing Foundation
- Kirsten Lamb
- The Linbury Trust
- Local Authority Building Control
- Lucy Lumsden
- Cathy Mason
- Rachel Mason
- Masonic Charitable Foundation
- MetLife
- Sarah Moore
- Kenny Moriarty, Friends and Family
- Ed Newall & G Social
- The Orp Foundation
- Pears Foundation
- Mr T Peterson
- The Pickhaver Family
- Queen Elizabeth's Grammar School
- The Rayne Foundation
- The Royal Foundation
- Savills
- Sea Meadow Trust
- Sam and Bella Sebba Charitable Trust
- Clive & Rachel Scott
- Elliott Simmons Charitable Trust
- Steel Charitable Trust
- Megan Stevens
- Texel Foundation
- Tindall Riley & Co
- UK Tech Awards
- Peter & Belinda Vernon
- Garfield Weston Foundation
- B&Q Wincanton, Swindon
- Texel Foundation
- Tindall Riley & Co
- UK Tech Awards
- Waitrose

About us



We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges. We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

The crisis in children and young people's mental health is real and it is urgent. More children and young people than ever before are reaching out for help with their mental health. But for those who take that brave step, help is much too hard to find.

Together, we are changing this. We're fighting for young people's mental health. Join our fight.

T 020 7089 5050

Parents Helpline 0808 802 5544

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