



YOUNGMINDS ARE...

- ✪ Helping young people to look after their own mental health.
- ✪ Making sure young people have adults around them who can really help.
- ✪ Building a youth-led movement to make sure support is there for anyone who needs it.

Everyone deserves help when they need it. Join the fight for better mental health support for young people.

YOUNGMINDS
Fighting for young people's mental health

@YoungMindsUK



youngminds.org.uk

YoungMinds, registered Charity in England (1016968) and Scotland (SC039700)