

**Wear  
it loud.  
Wear  
it proud.**

**#HelloYellow**

**M&S | YOUNGMINDS**

# Why wear yellow?

Wear yellow this World Mental Health Day on 10th October and stand together for young people's mental health.

It's a changing world, where new pressures and stresses can be overwhelming. From the cost-of-living crisis to the climate emergency, it's a tough time to grow up. And when you reach out for help, the systems in place aren't good enough, or they're not there at all.

We want you to know that you're not alone. Things can get better.

We're not saying you have to dress up like SpongeBob Square Pants (although you do you), just a bit of yellow somewhere can show other young people like you, that you stand with them. And if you've been going through it, show up for yourself.

Wear it loud, wear it proud, and demand a world where all young people get the mental health support they need, when they need it.



**#HelloYellow**

**M&S**

**YOUNGMINDS**

# Where to get help

If you are struggling with your mental health, you are not alone and support is available.

Asking for help from an adult you trust is always okay. The YoungMinds website also has practical guidance to help you look after yourself as well as advice on how to get help.

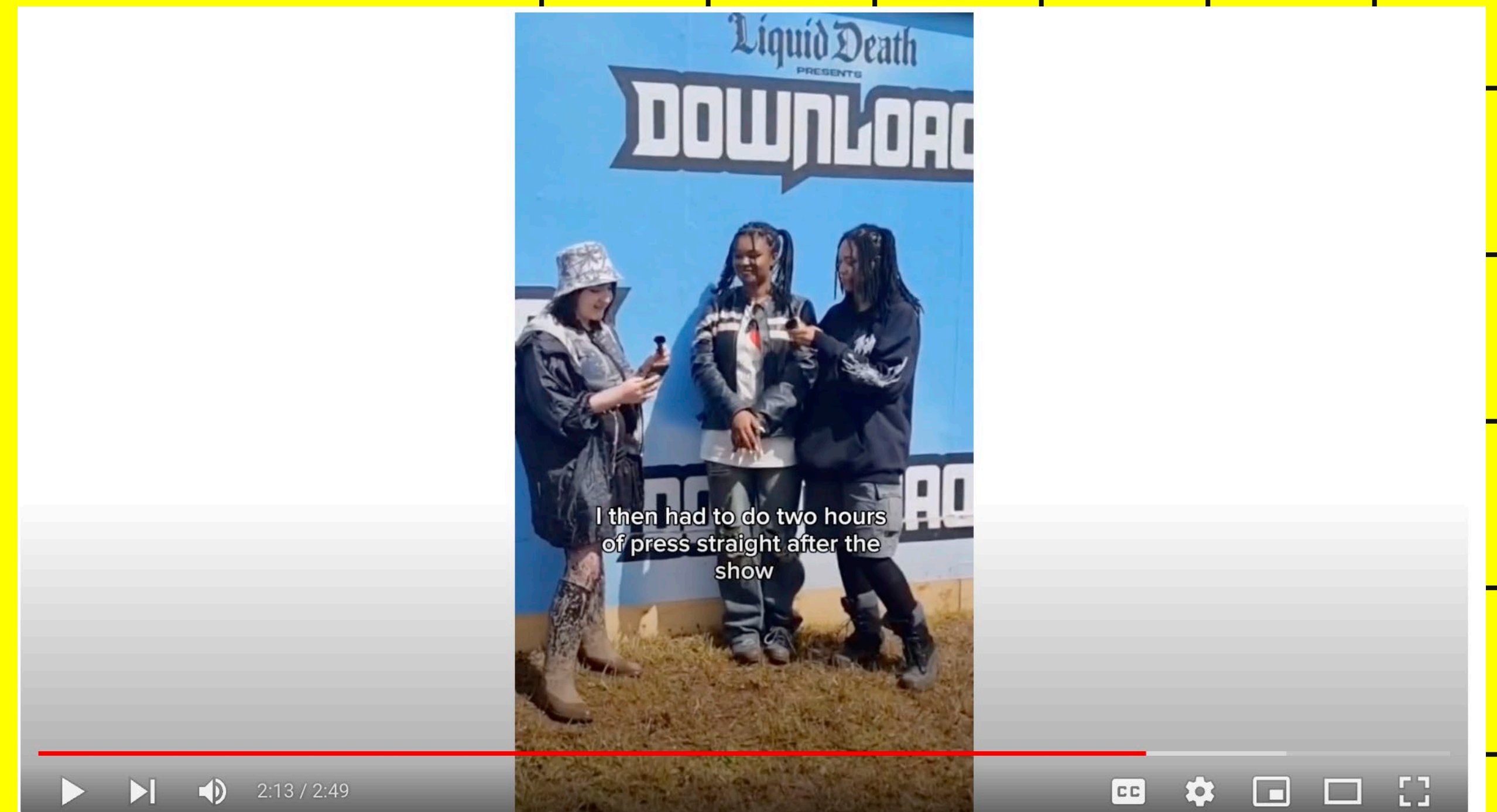
Remember, your feelings are valid and things can get better.

Find out more at  
[youngminds.org.uk](https://www.youngminds.org.uk)

At YoungMinds, we recognise how validating it can feel for young people to see real stories from other young people who share similar experiences to them.

We also know that some young people are disproportionately affected by mental health struggles due to various aspects of their identity such as race and disability.

We therefore commissioned a series of content created by Black Disabled young people. Their content is honest, real and personal to their experiences. Watch Nyrobi's story.



**#HelloYellow**

**M&S**

**YOUNGMINDS**

# How your fundraising will make a difference

**£2** could help one young person reach YoungMinds online resources and information.

**£15** could help ensure a parent who's worried about their child gets the advice and support they need from our Parents Helpline.

**£75** could help train a young activist, building their confidence to speak up and influence decisions affecting young people's mental health.

**Thank you**