

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

#HelloYellow

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Why wear yellow?

Wear yellow this World Mental Health Day and stand together for children's mental health.

Lots of us struggle with our feelings sometimes and when this happens it's tough. It's important to know that there are people around us who can help and we're not the only ones going through this.

We're not saying you have to dress up like Pikachu, but just a touch of yellow somewhere can show children like you that they're not alone. You could even brighten up your classrooms or school corridors with yellow too.

Wear yellow with thousands of other schools on 10th October and raise money to show young people that they're not alone with their mental health. Because we stand brighter, together.



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See how this school took part in Hello Yellow



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Where to get help

Sometimes, it can be hard to understand your feelings and things can feel overwhelming. But there are ways to feel better and you are not alone.

Asking for help from an adult your 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)

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