

Youth Mental Health Day

#BeBrave

19th September

Youth Mental Health Day encourages understanding & discussion of mental health in young people, enabling them to live happy & healthy lives all year round.

Today, four in ten young people say they have mental health difficulties, of which seven in ten say they are experiencing feelings of anxiety (71%) and low mood (67%).*

And over the past year, nearly half of young people say they have experienced feelings of loneliness, isolation, and feeling left out either all, or most of the time.*

This year's focus is *#BeBrave*, looking at themes such as building confidence when facing difficult situations, building social confidence through learning to work together, and learning to have the courage to fail by doing something new no matter what the outcome.

By focusing on what it takes to be brave it is hoped that young people will find the courage and confidence they need to achieve their goals and ambitions and be the best version of themselves.

www.hycscounselling.co.uk/self-help-hub/

* www.stem4.org.uk/youthmentalhealthday/

www.annafreud.org/on-my-mind/



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy