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YOUNG MiND*S*

fighting for young people's mental health

April 2023



Hey Maria,

Welcome to your April e-newsletter from YoungMinds! The clocks have gone forward, the days are getting longer and warmer, and Spring is here. We hope the lighter days are helping you feel brighter and more energised. But if you're not feeling a spring in your step, that's okay. Take things at your own pace 🌱

This month's edition is jam-packed full of exciting updates. It shouldn't take more than 6 minutes to enjoy all the stories, but if you're short on time, simply [click below](#) to head straight to:

1. [Success for #EndTheWait at our event in Parliament!](#)
2. [How we collaborated with Poetic Unity to showcase Black young voices](#)
3. [Supporting young people's mental health during Ramadan](#)
4. [Help young people to cope with stress using THIS resource](#)
5. [Our new fundraising campaign starts NEXT MONTH!](#)
6. [LATEST: Mental health in the media](#)
7. [New on the blog this month](#)
8. [Training updates](#)

Success for #EndTheWait at our event in Parliament!

On Monday 20th March, we hosted an event in Parliament to drive MPs to support our #EndTheWait campaign. The campaign is calling

wouldn't have been possible without the support of our amazing campaigners. They've come out in their thousands to sign their names

for the Government to deliver on its promise of ending the crisis in young people's mental health. The event was a resounding success, with 74 MPs coming along to show their support! 15 of our Young Activists also attended and spoke to MPs face-to-face about their experiences of mental ill-health and what the campaign means to them. This unique opportunity for young people to speak directly with decision makers

on cards, write personal messages to MPs and send direct invites encouraging their local MPs to attend the event. We're so grateful for their commitment to our movement. This is a huge step for our campaign, and it's given us even more motivation to continue fighting for a world where all young people can get the mental health support they need, when they need it, no matter what. **Watch this space for updates on what comes next!**



[Find out more about what happened on the day](#)

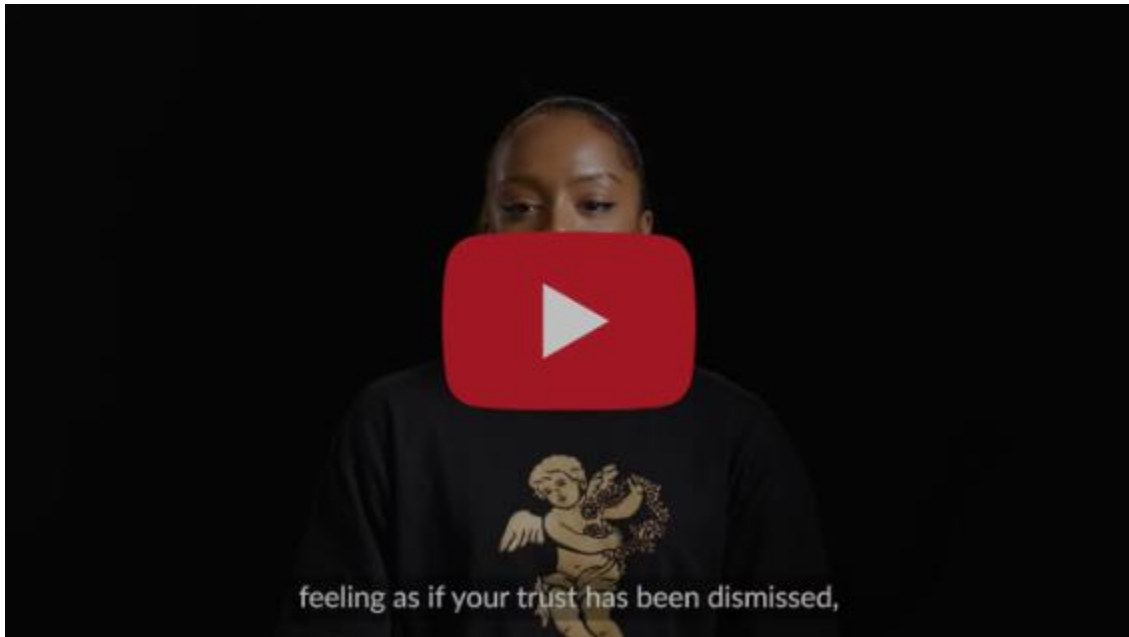
[Back to top](#)

[How we collaborated with Poetic Unity to showcase young Black voices](#)

Every young person deserves to have someone to turn to, to talk about their mental health. But this isn't always the case. **For Black and minoritised young people, racism, stigma and discrimination often overshadow the help or support provided.** We need to be better at supporting Black and minoritised young people with their mental health.

To help raise awareness of these issues, we teamed up with [Poetic Unity](#) (a poetry collective that empowers young people) to facilitate a workshop with young Black people exploring the question: '*How can adults respond well to Black young people looking to speak about their mental health?*'. Young poets Jayda and Aaron shared their thoughts. Hear their poems below.

Trigger warning: These videos tackle issues surrounding racism, aggression and abandonment.



[Listen to Jayda's poem >](#)



[Listen to Aaron's poem >](#)

[Learn more about our collaboration](#)

[*Back to top*](#)

Supporting young people's mental health during Ramadan

Ramadan Mubarak to everyone celebrating the holy month of Ramadan! May this month bring happiness and harmony to you and your loved ones. We know that Ramadan is an extremely joyous occasion for many Muslims. However, if a young person you know is finding things tough right now, you may find the following faith-friendly resources useful to share with them.

**How to look after
your mental health
during Ramadan**

**Self-care
guide for young
Muslims**

**Mental health
advice for young
Muslims**

**Navigating
Ramadan with
mental illness**

“Not being able to fast due to a health condition does not make you any less of a Muslim”

Aaliyah, blogger

[Back to top](#)

Help young people to cope with stress using this resource

This national Stress Awareness Month, we're joining [The Stress Management Society](#) in sharing tips and advice on coping with stress. With the rise of social media, ever-growing academic pressure and the cost-of-living crisis, it's fair to argue that young people are more stressed than ever before. Whether it's in a professional or personal capacity, use this [stress bucket activity](#) with a young person you know. The exercise will help them identify what is causing them stress and what they can do to reduce it. You might even find it useful yourself!



[Back to top](#)

Enjoying this month's e-newsletter Maria? Share it with a friend!



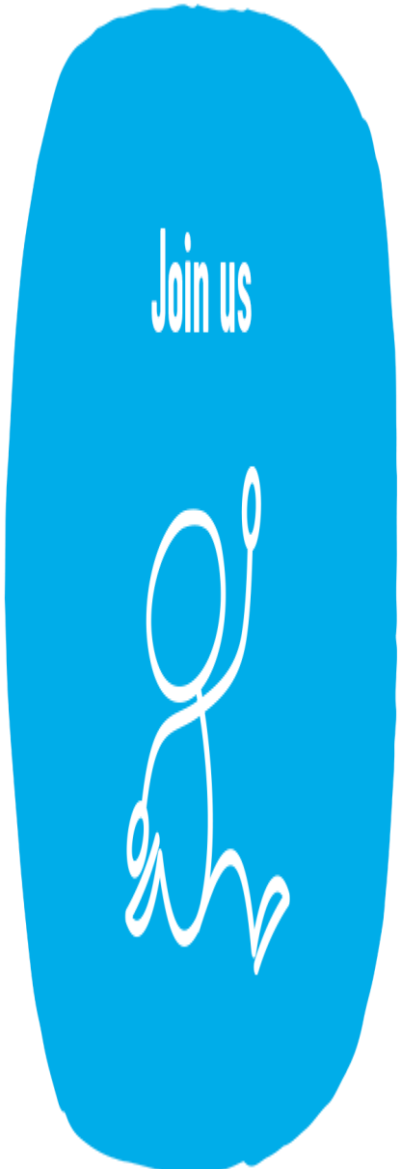
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Forward

A large, vertical, light blue oval with a hand-drawn, irregular border. Inside the oval, the words "Join us" are written in a white, casual, handwritten font at the top. Below the text is a white line drawing of a stick figure with its arms raised in a celebratory or enthusiastic pose.

Join us



[Our new fundraising campaign starts next month!](#)

By taking 310,000 steps over 31 days in May, our supporters are helping bring conversations about young people's mental health #OutInTheOpen. Challenge yourself to walk, skip or run the 310,000 steps and help raise vital funds as part of #TeamYM. No matter how much you raise, your donations will help us continue our mission of making sure all young people get the mental health support they need, when they need it, no matter what. **Ready to take on the challenge Maria? Sign up now!**

[Sign up!](#)

[Back to top](#)

Mental health in the media

'I worry my young patients will die': UK's eating disorder services not fit, say GPs

The Guardian, Denis Campbell, 22/03/23

[Read the full story](#) >

Schools have become 'fourth emergency service' due to poor mental health and social care for young people

Sky News, Alice Porter, 10/03/23

[Read the full story](#) >

Over a third of Gen Z have struggled with mental health - but don't seek support

The Mirror, Martin Winter, 06/03/23

[Read the full story](#) >

Services in England for children with special needs to be 'transformed'

The Guardian, Sally Weale, 02/03/23

[Read the full story](#) >

[Back to top](#)

✍ New on the blog this month ✍

Five self-care tips for depression (Luca, 23)

Read Luca's blog >

My experience of chronic illness and mental health (Laura, 21)

Read Laura's blog >

Why I decided to leave university and put my mental health first (Jade, 23)

Read Jade's blog >

How I learnt to manage panic disorder in school (Charlie, 20)

Read Charlie's blog >

Back to top

Find a course

Better your understanding of mental health with one of our online courses

We've got lots of great training courses to choose from, all delivered by our friendly YoungMinds trainers, such as:



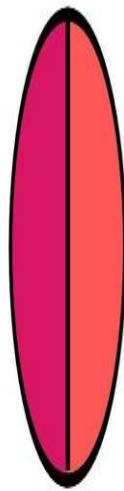
- Responding to anxiety in children and young people (online) - 28th April, 10am – 1:30pm
- Practical approaches to supporting children and young people's mental health (online) - 4th May, 9:30am – 3pm
- Introduction to trauma and adversity (online) - 10th May, 10am – 1:30pm

[Find more courses on our website >](#)



**Our latest tips and advice on Instagram. Follow
us [@YoungMindsUK](https://www.instagram.com/YoungMindsUK)**

What People Think Support Sounds like:



You'll be fine!



Don't worry, it's not a big deal...

What Support Actually Sounds Like:



I'm sure that is really difficult



I am here for you



How can I help?



I can't imagine how that feels



Thank u for telling me



Give them a hug



This will pass



You are not

Our mental health system is desperately trying to put out the millions of little fires that are burning young people's hopes and futures. And with the lack of intervention before situations escalate, the country is on fire. Young people cannot access the smoke alarms, the fire exits, the fire extinguishers. We have no support we can access easily and are left to watch the fire burn, waiting on those in power to take action.

*At YoungMinds, we're leading the movement to make
sure every young person gets the mental health
support they need, when they need it, no matter what.*

Thank you for your ongoing support!

Team YM 

Donate online



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