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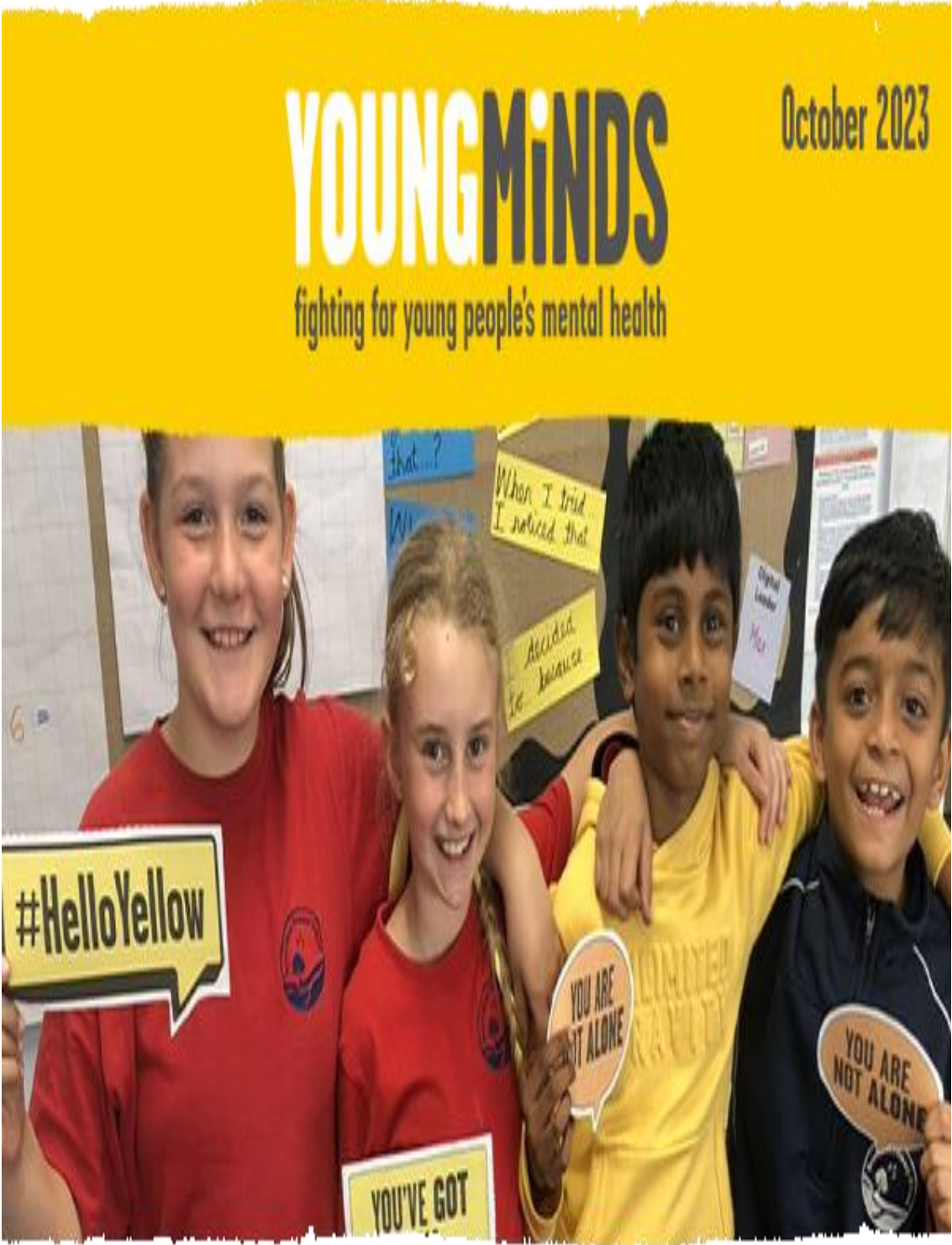
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Hey Maria,

Welcome to your October newsletter! You can read the whole email in around **5 minutes**. But if you're short on time, simply [click below](#) to head straight to:

1. [Black History Month 2023](#)
 2. [Only a week to go](#) ❤️
 3. [Parents share their experiences of autism and mental health](#)
 4. [Young Activists: graduation and reflection](#) 🎓
 5. [We're winners!](#) 🎉
 6. [LATEST: Mental health in the media](#)
 7. [New on the blog this month](#)
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-

Black History Month 2023

This year's Black History Month honours the achievements of Black women. Women who have long been at the centre of social justice movements. These celebrations are needed more than ever when Black women's roles in shaping our society are often **forgotten, ignored and silenced**. We see this show up in the mental health sector. Black young women and girls tell us they have been ignored when reaching out for support - profiled instead of cared for. [Our own research](#) shows

These experiences cannot continue. And the conversation can't stop when Black History Month ends. 365 days a year we will: **platform voices** who are leading the way for change in the mental health outcomes for young Black people. **Speak up** alongside young Black people on the issues impacting their mental health. **Campaign** for the Government to commit to improving the experiences of Black young people both in the services they encounter and in the education

that **Black young women are more likely to struggle with their mental health, and wait longer for support, than white young women** because of discrimination that's ingrained in our systems.

system. And **collaborate** with young Black people to create resources that celebrate Black joy and platform their voices. But we recognise **we're just one small part** of the movement for change among many [existing, expert organisations](#).

🔗 **Read Jade's blog about young people's experiences talking about mental health in the Black British community**

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One week to go until #HelloYellow

We can't wait to see how you stand out and show up for young people's mental health! Thousands of people, schools and organisations are wearing yellow on Tuesday 10 October to show young people everywhere that they are not alone with how they feel. This small act can make a big difference. **There's still time to sign up!**



Sign up today!

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Parents share their experiences of autism, mental health and identity

When things are feeling tough or confusing, it can sometimes help to hear from others going through similar things. If you're supporting your autistic child or young person with their mental wellbeing, these parent blogs centred around autism and mental health are a great source of solidarity and advice. Check them out now!

👁👁 Mandy shares her journey towards autism and mental health support for her son

👁👁 Suzy reflects on her son's experience as a Black autistic young person and shares tips for supporting your child

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



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Young Activists graduate and reflect on their time with us

On Saturday 23rd September, our Activists graduated after a remarkable four years with us. There was laughter, there were tears – but most importantly, there was a lot of looking back on all the incredible work they've been part of. From media interviews to leading key moments in our campaign work and much more! **We asked a few graduates what stands out for them during their time as an Activist.** Here's what they said...



“Getting a chance to speak directly to people who have control over the future of CAMHS.”

“[The] sense of community in an open and welcoming space.”

“Constant patience and support from everyone working on the program.”

“Feeling like I have made a difference.”

We're sad to say goodbye to our current Activists, but excited to recruit our next group soon! If you're interested in joining, or know someone who might be, keep an eye on our emails over the next few months to be the first to know when applications open 🙌

We won Best Social Media Presence at the Charity Times awards!

We're so proud of our team for all their hard work behind the scenes, and want to say a massive **thank you to everyone who supports us on social media.**

Whether you share our stories or engage with our posts, you help us reach more and more young people to let them know: you are not alone with how you feel. Congratulations to all the shortlisted candidates and winners👏



(Middle three people from left to right: Georgie, Tom and Georgina from our social media team, Not pictured is Dan, our videographer)

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 **Mental health in the media** 

Antidepressant prescriptions for teens hit 1m a year for first time.

The Telegraph, Michael Searles, 12/09/23

[↗ Read the full story >](#)

Happiness of girls and young women at lowest level since 2009, shows UK poll.

The Guardian, Robert Booth, 13/09/23

[↗ Read the full story >](#)

***Trigger warning: suicide/self-harm* Suicide prevention drive launched in England amid concern for young people**

The Guardian, Andrew Gregory, 11/09/23

[↗ Read the full story >](#)

Third of young people seek counselling and medical help for 'eco-anxiety'

The Times, Adam Vaughan, 08/09/23

[↗ Read the full story >](#)

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🔪 New on the blog this month 🔪

How to cope if social media affects your body image

Our blogger shares four tips to help you look after your self-esteem and feel better about yourself if you're struggling with social media and body

image.

[🔗 Read the blog >](#)

Tips for dating and building healthy relationships

Laura, 24, shares her dating tips on looking after your mental health, feeling confident in yourself, and coping with the pressure to be in a relationship.

[🔗 Read Laura's blog >](#)

Trigger warning: restraint, self-harm and suicidal thoughts

What it's like to be sectioned by the police

Oakley, 17, shares his experience of being sectioned under the Mental Health Act, the support he received in hospital, and what happens after Section 136.

[🔗 Read Oakley's blog >](#)

[Explore our blog](#)

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Find a course



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

Our mental health training courses are **delivered by expert trainers** who will help **build your understanding** of key mental health issues and give you the **confidence to make a difference** in young people's lives.

[View courses](#)

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

Men, it's okay to:

1. Talk about our feelings.

2. Show how we really feel.

3. Accept when we are struggling.

4. Ask for help.

Anxiety at Night

GETTING
IN BED

FALLING
ASLEEP

I think I might
be sick

My heart is
racing...

It's too quiet

wait, I need to
pee!

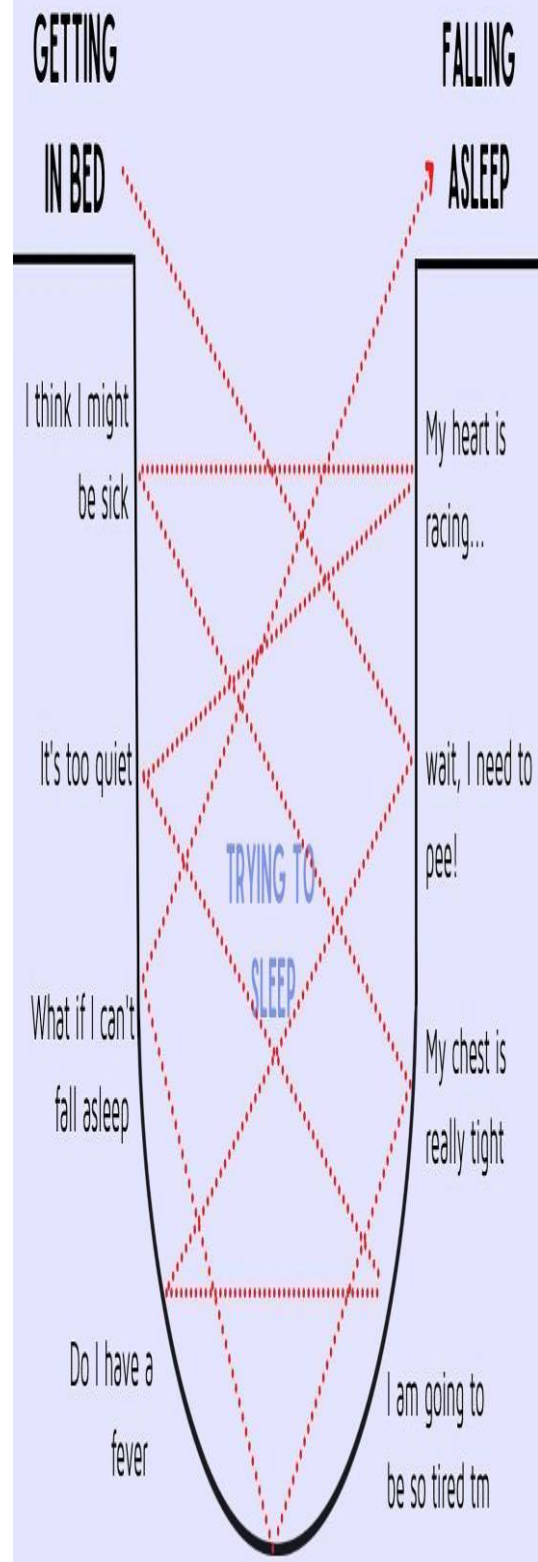
What if I can't
fall asleep

My chest is
really tight

Do I have a
fever

I am going to
be so tired tm

TRYING TO
SLEEP



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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