



stem4
supporting teenage mental health

YOUTH MENTAL HEALTH DAY

19th September

A GUIDE ON HOW TO
#ConnectMeaningfully
FOR ADULTS

stem4

supporting teenage mental health
registered charity No. 1144506

What is #YMHD?

Youth Mental Health Day encourages understanding and discussion of mental health in young people, enabling them to live happy and healthy lives all year round. Each year, the day aims to get young people, and those who support them, talking about how to improve mental health.

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The #YMHD story

Mental health concerns for young people have multiplied in recent times. Today, 1 in 6 5-16-year olds have a diagnosable mental health disorder, with 6 in 10 young people saying they are experiencing mental health difficulties, such as anxiety, low mood, eating disorders and self-harming behaviours. Yet only a third are able to access any effective treatment.

Though times continue to be difficult, Youth Mental Health Day is here to provide hope and positivity. By getting young people engaged in discussions and activities about how to improve their mental health, YMHD goes beyond raising awareness and breaking the stigma surrounding mental health. It aims to tackle the heart of the issue by giving young people a voice and agency to take steps towards positive mental health.

stem4, a charity that supports young people to build positive mental health, is proud to be the founder of Youth Mental Health Day in the UK, which started in 2020.

#YMHD 2022: #ConnectMeaningfully

Undoubtedly, today we are better digitally connected. We can talk to teachers on zoom, connect with friends online, and even see our GP remotely, but for many young people technology has left them feeling socially disconnected. 1 in 4 young people now say they feel socially anxious, lonely, and overwhelmed.

Most (70%) young people aspire to 'just being healthy and happy'. In fact, it is our social and in-person connections (to family, friends, the community) that have been shown to make us happier, and physically and mentally healthier.

That's why this year's Youth Mental Health Day will focus on how young people can #ConnectMeaningfully.

By focusing on the importance of building and maintaining meaningful connections and relationships, YMHD 2022 will invite young people across the country to reflect on how their relationships (with family, friends, classmates, teachers etc.) have changed over the last couple of years. Young people will be asked to share how they can make genuine connections, and then foster positive relationships that support good mental health.



stem4, a charity that supports young people to build positive mental health, is proud to be the UK founder of the annual Parent Mental Health Day which started in 2022. Join us every 27th January. Please contact fundraising@stem4.org.uk for information and sponsorship opportunities.



Get your workplace involved

Dear Supporter,

stem4, the charity I founded, is once again running Youth Mental Health Day (YMHD). This year, YMHD has a new date of 19 September to accommodate more workplaces, organisations, and businesses that would like to participate in the day. As such, we are delighted today to invite you and your colleagues to get involved and participate in the day.

This year's YMHD theme is 'Connect Meaningfully'. Over the past two years, young people have had to experience many of their most formative experiences virtually—from joining a new school/college/university to celebrating a 'big' birthday. By focusing on the importance of meaningful connections and having a solid support system, YMHD 2022 will invite young people across the country to reflect on how their relationships (with family, friends, teachers etc.) have changed over the last couple of years, and share how they can make an effort to #ConnectMeaningfully to ensure they are fostering relationships that will support and positively impact their mental health.

In addition, as a worker and potentially a working parent, the day will also encourage you to think about how you can #ConnectMeaningfully with those around you and foster connections that boost your mental health.

What can I do to get my workplace involved?

1. Nominate a Lead Coordinator or Team who will roll out the campaign in your workplace or team. Be sure to send us an email over at YMHD@stem4.org.uk to confirm your involvement.
2. Get your colleagues involved in reflecting on how the last few years have impacted their connections and relationships, and how they can make an effort to #ConnectMeaningfully using the tips on pages 3–4 as a starting point.
3. Using the stem4 #GoPurple prompt in this pack, host a fundraising campaign event for the benefit of young people's mental health across the UK.

4. Join us to celebrate the #ConnectMeaningfully message on social media, sharing your experiences and suggestions on 19 September. We have lots of ideas, templates and pictures to help with this in our social media pack. Please also send us any pictures of you and your colleagues getting involved with YMHD to YMHD@stem4.org.uk.

By being a #ConnectMeaningfully workplace, you will demonstrate your commitment as leaders for young people's mental health post-pandemic, leading the way nationally in sharing how we can all #ConnectMeaningfully.

We hope you will be part of this journey in improving the mental health of young people. Thank you for taking the time to get involved with the campaign this year. With your help and enthusiasm, we can make sure all young people feel comfortable and positive about reaching out to those around them and fostering meaningful connections that support their mental health.

Thank you.



Dr. Nihara Krause
Founder and CEO, stem4

#YMHD **#ConnectMeaningfully**

@stem4org • www.youthmentalhealthday.co.uk

There are also opportunities for future sponsorships and partnerships regarding Youth Mental Health Day. Please email fundraising@stem4.org.uk if you are interested.

How to #ConnectMeaningfully with your colleagues

Considering how much time most of us spend with our colleagues (either at work or connecting virtually), creating meaningful connections is important if we want to feel part of a supportive community that allows us to work as best we can. Try out some of these tips to help you #ConnectMeaningfully with your co-workers and create a more understanding workplace.

Things you can say and do to #ConnectMeaningfully:

1. Block out some time to have a coffee together.
2. Create opportunities to meet on a specific day of the week. For example, Talk Tuesdays, Walk Wednesdays.
3. Remember your team's birthdays.
4. Arrange to walk to work together if you use public transport.
5. Plan regular team activities.
6. Have lunch together.
7. Pay a colleague a compliment.
8. Find a common interest.
9. Be mindful of a colleague who might be struggling at work and make some time for them.
10. Set up an online group.
11. Ask for help if needed. Talk to a manager, peer, or occupational health.

How to #ConnectMeaningfully with your young person

Talking whilst sharing or bonding over an activity works better than simply sharing feelings or worries. Here are some things you can try to #ConnectMeaningfully with your young person in a way that works for both of you.

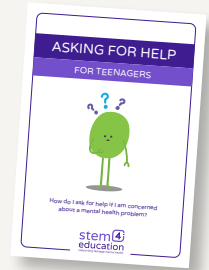
Things you can say and do to #ConnectMeaningfully:

1. Regularly spend time together outdoors. For example, go for a walk, play a ball game.
2. Arrange regular fun days. For example, Magic Trick Learning Mondays, Tomato Recipe Tuesdays, Scary Story Saturdays.
3. Create a family cookbook by collecting recipes you make together.
4. Talk about family members and create a family tree.
5. Learn something together, whether about a topic or a new skill.
6. Make sure you eat dinner together.
7. Talk about the board games they like to play.
8. Put a selection of different topics into a lucky dip box to talk about at a weekend meal.
9. Discuss all the things you're grateful for and create a family gratitude journal.
10. Select an interesting talk or podcast for the family to listen to and discuss once a month.
11. Talk about possible difficult topics when in the car or doing a shared activity—non face to face communication is easier.

For young people:

'Asking for Help' Booklet: a handy guide for young people that provides tips on ways to develop positive mental health, and practical advice on how to reach out for help.

<https://stem4.org.uk/go/asking-for-help-leaflet/>



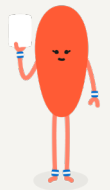
stem4's mental health apps



A free app to help teenagers resist or manage the urge to self-harm
www.calmharm.co.uk • @calmharmapp



A free app to help children and young people manage the symptoms of anxiety
www.clearfear.co.uk • @clearfearapp



A free app to help teenagers manage low mood and depression
www.movemood.co.uk • @appmovemood



A free app to help families and friends provide mental health support
www.combinedminds.co.uk • @combmindapp

stem4's award-winning apps are available to download from the App Store and Google Play.



Please note that these apps are an aid in treatment but do not replace it.

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