

What can it mean to #BeBrave?

The theme for this Youth Mental Health Day is #BeBrave.

On 19 September, challenge yourself to #BeBrave and become the best version of yourself.

Decide to tell someone how you feel and ask for some help.

Get back to sport after recovering from an injury, even though you're worried you may hurt yourself again.

Make a difficult decision even though you're worried about the consequences.

Put your hand up to ask a question in class, even though you don't understand what's being discussed.

Tell your parents about something you did wrong.

Read something you've written in front of the class even though you're worried it might be wrong.

Introduce yourself and have a conversation with someone you haven't spoken to in the class.

Tell a friend they've hurt you by leaving you out.

