



# Assembly Pack

Presentation Slides

Youth Mental Health Day 2023  
19th September

stem4  
supporting teenage mental health  
registered charity no. 1144506





stem4i  
supporting teenage mental health

# YOUTH MENTAL HEALTH DAY

19th September

# What is Youth Mental Health Day?



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

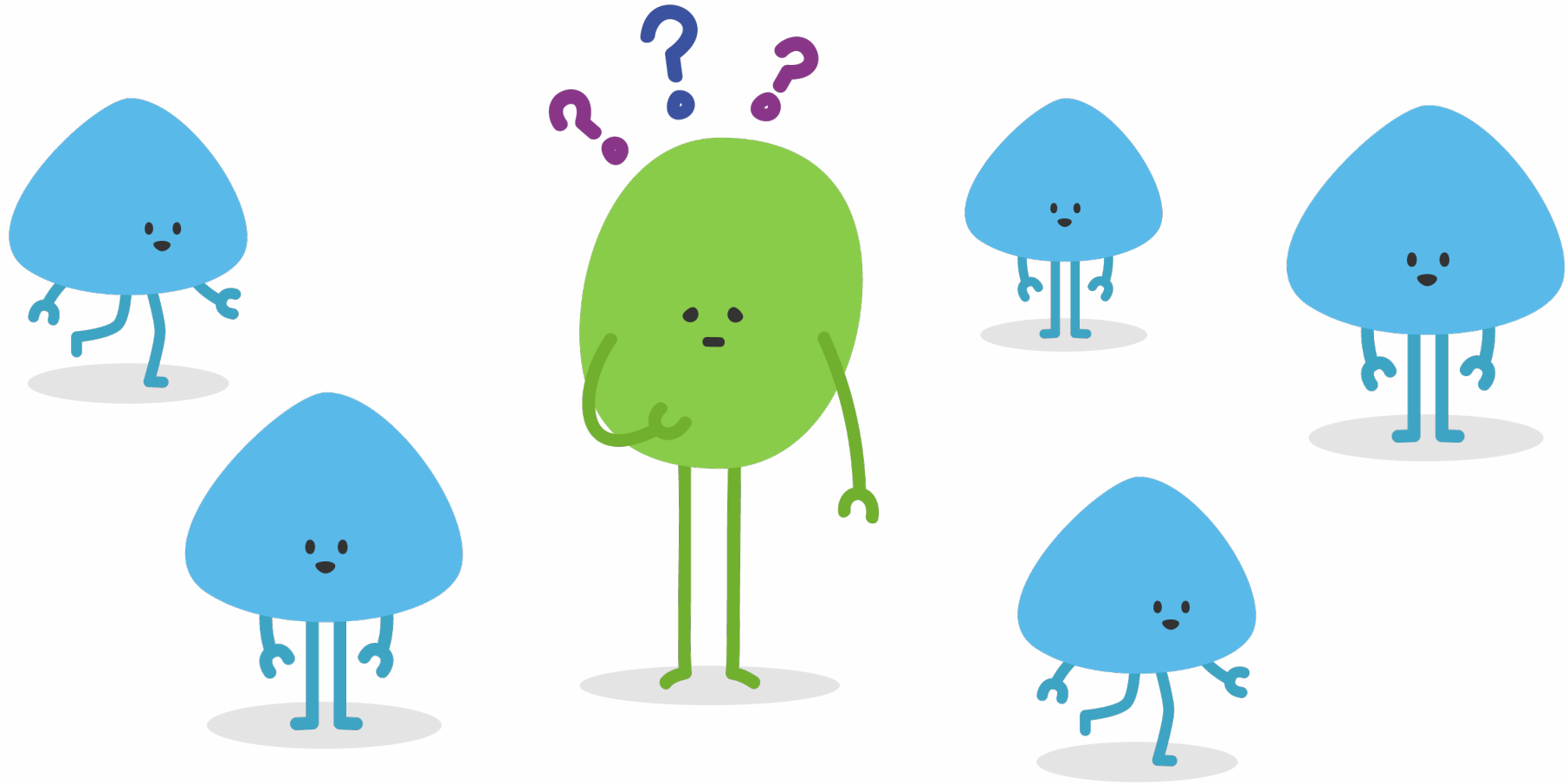
Each year, the day aims to get young people, and those who support them, talking about how to improve mental health.

YMHD was founded in 2020 by London-based teenage mental health charity stem4.

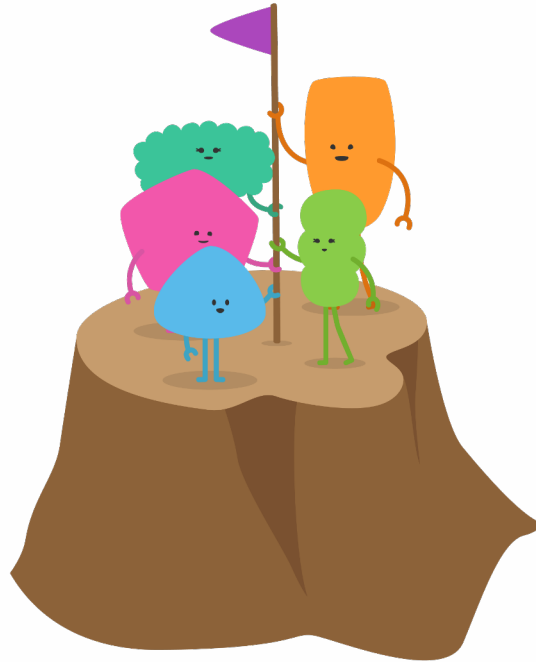


stem4 was founded in 2011 by Consultant Clinical Psychologist Dr Nihara Krause.

1 in 6 young people have experienced mental ill health.



stem4's **mission** is to educate on the early signs and symptoms of mental ill health, so that they can enhance early detection and prevent mental illness.



## stem4's 5 free apps



CALM HARM



CLEAR FEAR



MOVE MOOD



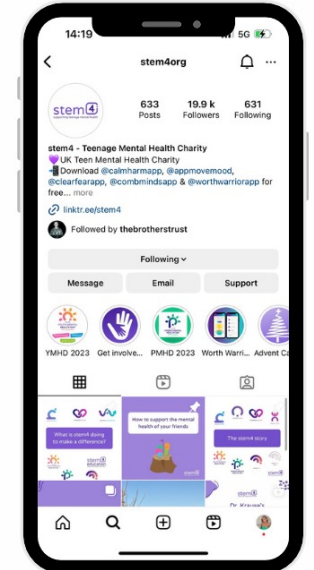
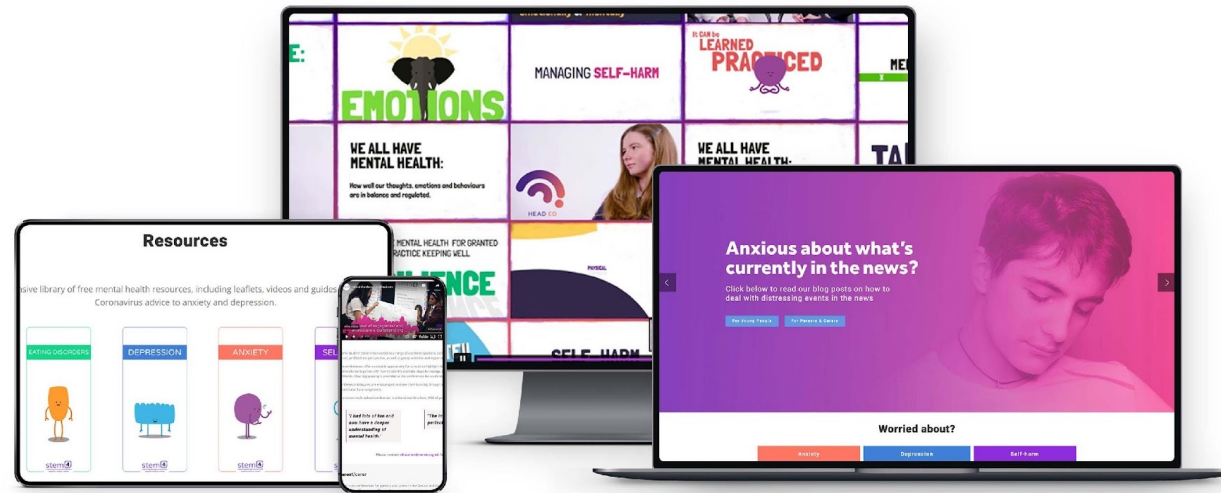
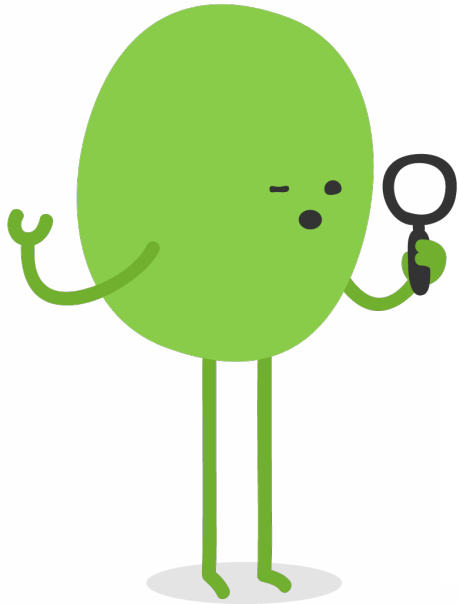
COMBINED MINDS



WORTH WARRIOR

[stem4.org.uk/apps](https://stem4.org.uk/apps)

You may also know stem4 through their website, social media, free resources, school conferences, or Head Ed (stem4's mental health literacy resource).

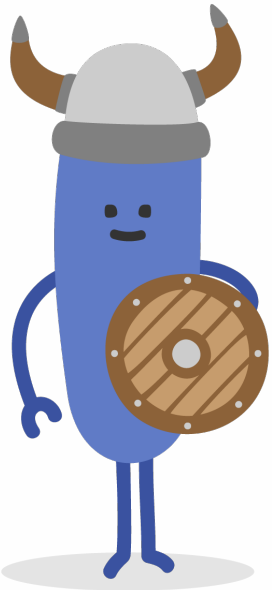


Take a look at stem4's website: [stem4.org.uk](https://stem4.org.uk)

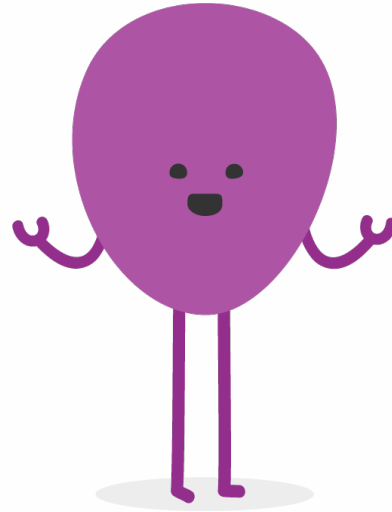


This year's Youth Mental Health Day theme is

#BeBrave



# What is bravery?

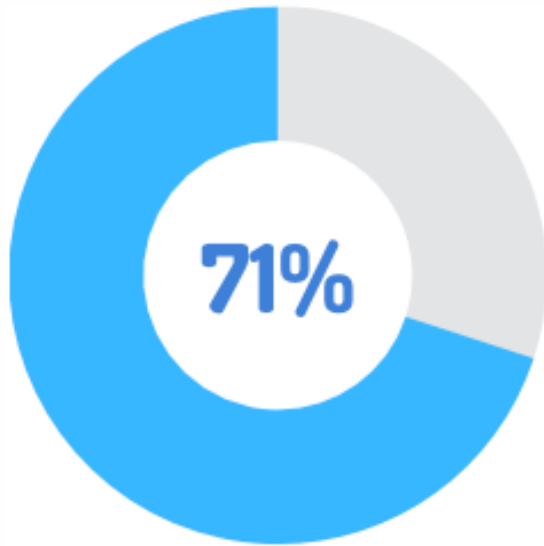


Bravery has traditionally been defined as the way in which we defend ourselves from fear. It can emerge from instinct, training, or fear.

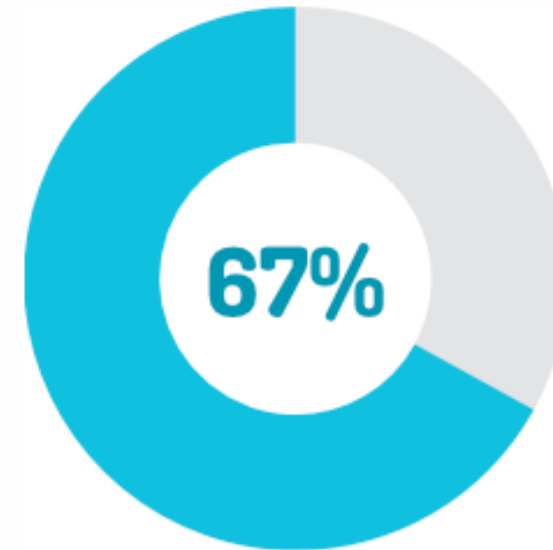
More recently, bravery has been defined as the quality or state of having or **showing mental or moral strength to face danger, fear, or difficulty.**

# Why #BeBrave?

In a survey taken in July 2022, **four in ten** young people said they were experiencing **mental health difficulties**.



71% of young people have said they are experiencing feelings of **anxiety**

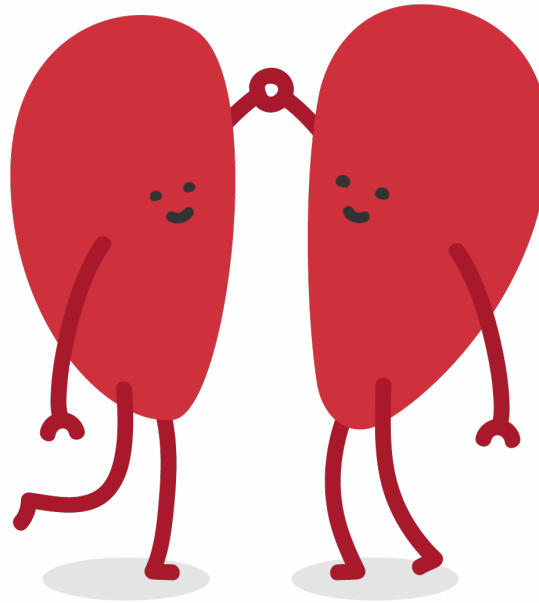


76% of young people have said they are experiencing **low mood**

# What can **being brave** help you to do?



Build confidence in facing difficult situations.

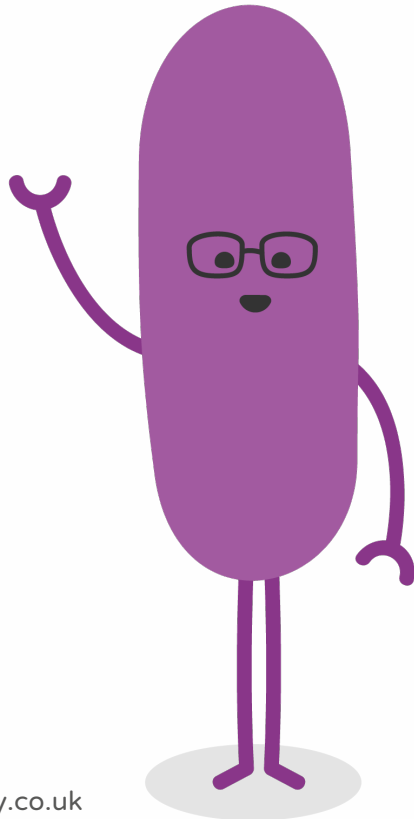


Build social confidence.



Learn to have the courage to fail by doing something new no matter the outcome.

What does  
#BeBrave mean to  
you?



# How can you challenge yourself to #BeBrave?

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.

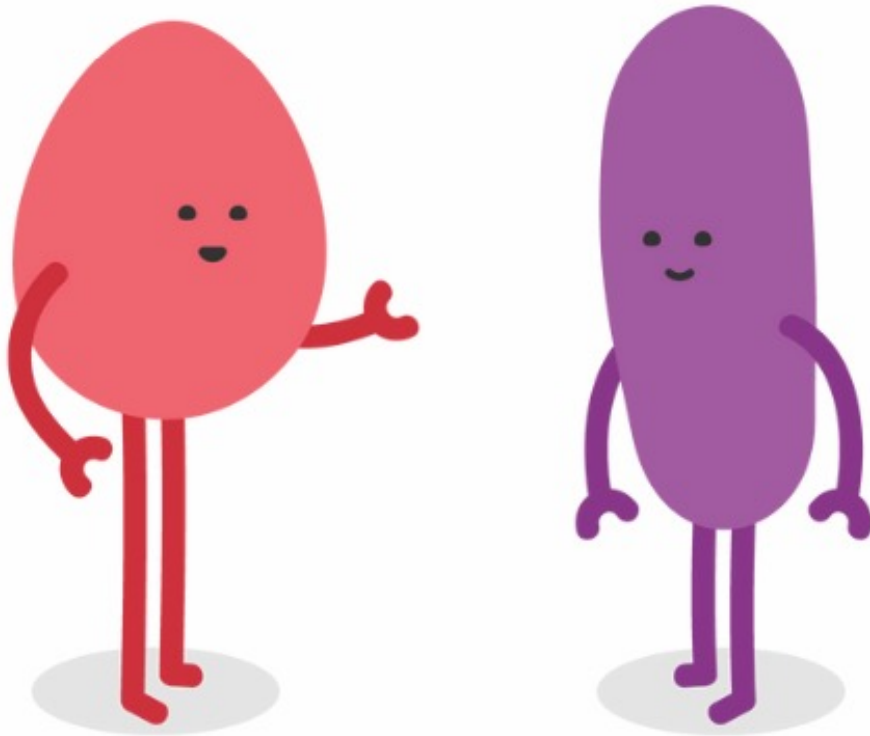
Introduce yourself and have a conversation with someone you haven't spoken to in the class.

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



# Being brave and reaching out to others

It's brave to reach out to family and friends if you're struggling. Although it's not always easy, everybody needs to reach out to others sometimes.



1. Decide what you want to talk about.
2. Decide who you feel comfortable talking to.
3. Make notes to help you remember important facts.
4. Try and deal with disappointment.

Remember: It's brave to ask for help, and even braver to ask again if the first person you choose is unable to help.

# 1 minute task

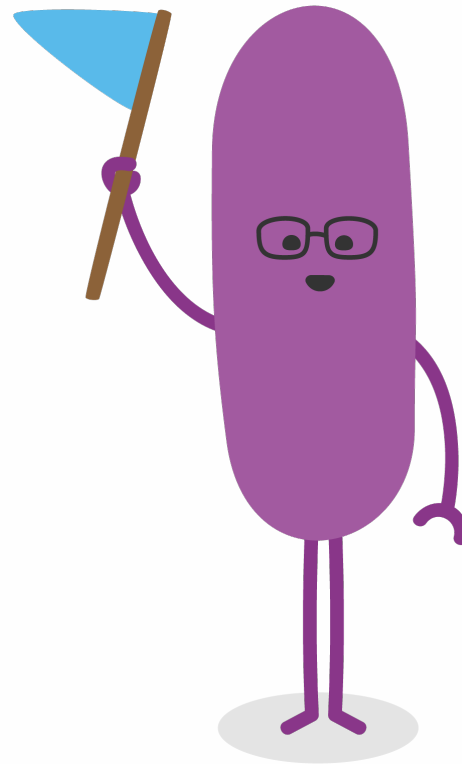
Ask a friend how they are going to [#BeBrave](#) this YMHD.



Then swap and tell them how you will [#BeBrave](#).



Keep up with these discussions, and help us  
promote positive mental health this  
**Youth Mental Health Day!**



# Stay up to date with stem4



@stem4org



@stem4org



@stem4

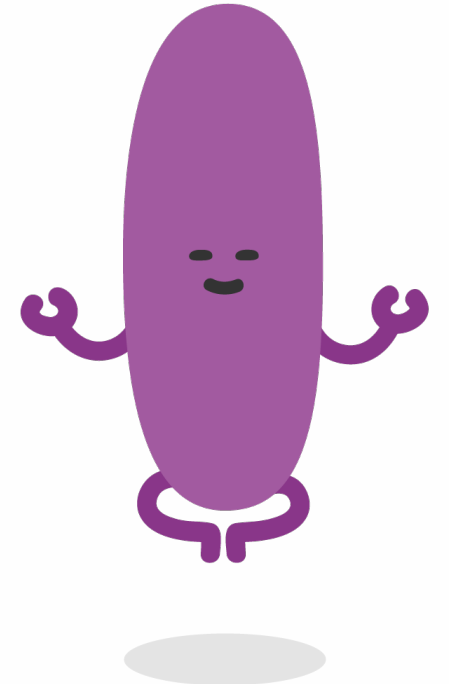
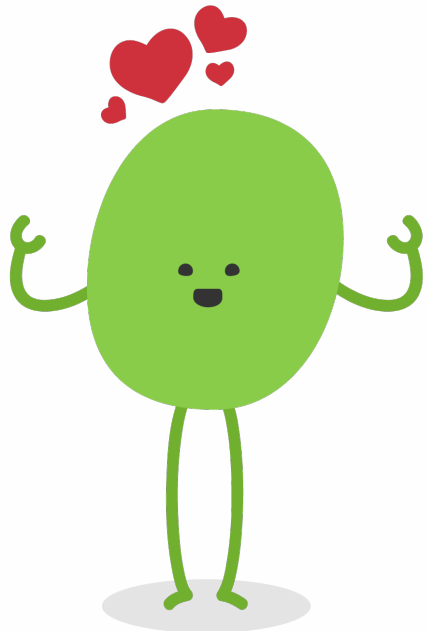


@stem4

Take a look at the stem4 and YMHD websites:

[stem4.org.uk](https://stem4.org.uk)

[ymhd.org.uk](https://ymhd.org.uk)



# Thank you for listening!



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