

Happy Pride from stem4

stem4, teenage mental health charity, wishes everyone a happy and safe pride month this June. Everyone deserves to celebrate who they are, regardless of whether they are able to march with a pride parade or not. So, here are some quick tips for making the most of the month and having a happy pride from the comfort of your own home:

- Make a pride playlist and spend a day – or month - listening to it!
- Host a Virtual Pride with your friends – check your local pride to see if they are hosting a virtual event instead of a parade. Watch it and have a video call on the side to celebrate.
- Make a pride painting - it could be a parade, a historical event, a flag or someone who inspires you.
- Read a book with LGBT characters!
- Host an LGBT themed quiz - test your family or friends on their history, pop culture and more.
- Write a pride poem - whether it's fun, serious or silly, let out what pride means to you.



For more mental health tips and positivity, be sure to follow @stem4org on Instagram.

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About stem4: stem4 is a Wimbledon based, award winning charity that supports teenage mental health. In order to foster positive teenage mental health, it provides evidence-based education, builds resilience, enhances motivation to change, and signposts to ensure early intervention and action. stem4 focuses on commonly occurring mental health issues in teenagers including eating disorders, anxiety, depression, self-harm and addiction. stem4's work is primarily provided digitally through their innovative education programme, pioneering mental health apps and clinically-informed website. They also host mental health conferences that contribute to helping young people and those around them flourish. stem4 targets and supports families, schools, health professionals and communities as well as the teenagers themselves.

Website: Please see website for more information www.stem4.org.uk

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