

Youth mental health charity stem4, launch the UK's first Youth Mental Health Day with Bounce Not Break - a campaign to develop resilience.

stem4's Youth mental health expert, Dr Nihara Krause, says: "We urgently need a new road map to support young people through the current uncertainty and ensure their mental health thrives."

SEPTEMBER 2020: One of the country's leading clinical psychologists, Dr Nihara Krause, says: "We need to teach our young people resilience during these challenging times as well as develop a resiliency framework to support them. Pre-Covid-19 1 in 8 children between the age of five and 19 had mental health problems. "Post-Covid-19 I'm afraid this will be much, much higher."

Youth Mental Health Day (YMHD), on 7th, September, launches with the campaign Bounce Not Break - which will explore resilience and invites everyone to share their wellbeing tips.

YMHD is timed to support young people as they return to school, college and university amid the huge uncertainty and anxiety that living with Covid-19 brings. stem4 will release a short film, which includes resilience tips from comedian Josh Widecombe, Southampton FC footballer, Oriol Romeu, Summerland and child actor, Lucas Bond and former professional footballer, Luke Chadwick.

stem4 is all about helping teenagers build resilience and self-esteem, it is run by Dr Nihara Krause, who also advises Parliament on mental health issues. stem4 provides free apps for secondary school pupils and young adults to help encourage calm by warding off anxiety and preventing self-harm. The apps have been downloaded more than 1,621,000 times globally (with downloads rocketing during A level and GCSE results week).

And if ever there was a time when young people needed resilience - it has to be now with all the uncertainty the pandemic has brought them. From long enforced periods at home, without structure, or friends, to all the uncertainty of unpredictable exam results, an unclear future and the ever changing restrictions that surround their return to education, it is no wonder young people are more anxious than ever.



Dr Nihara Krause says: “People in general don’t feel safe. Without that sense of security, we all feel ill at ease. Within my professional life I am witnessing a huge rise in anxiety levels among young people.”

“I wanted to establish YMHD because it is important neither mental health, nor mental ill-health fall off the agenda. 75% of mental health problems start before the age of 24 so we need to act now to help support young people. “YMHD is designed to be a positive campaign and bring some much needed hope to young people.

“It’s important for young people to develop resilience so they can cope with challenges they face. Resilience can also benefit as a preventative measure, warding off ill-health”

“We need to provide a resiliency framework for this generation of children and young people which addresses the shocks and stresses they and their carers have faced. This framework would provide immediate support as well as collaboratively build a positive road map to help their future mental health thrive.”

The Bounce Not Break campaign focuses on the need to understand that anyone, can struggle with mental health, and that you can bounce back by finding something that helps you cope.

Editor’s notes:

+ Pre-Covid-19 1 in 8 children between the age of five and 19 had mental health problems - according to NHS Digital’s Mental Health of Children and Young People Report in England 2017.

+ A report released by the Office for National Statistics (ONS) revealed that the rates of depression had almost doubled during the pandemic. The survey found almost one in five adults (19.2 per cent) were likely to be experiencing some form of depression during June – up from around one in 10 (9.7 per cent) last year.

+ The Bounce Not Break Video is embargoed until: 00.01 Sept 7th, 2020.

Websites:

For information on YMHD go to: <https://stem4.org.uk/youthmentalhealthday/>

For information on stem4 go to: <https://stem4.org.uk/>

For information on Dr Nihara Krause go to: <https://www.niharakrause.co.uk/>

Contact: To interview Dr Nihara Krause, identified case studies, to see the video or for more information please email sally.land@causecommunications.co.uk or call 07884478302

For further enquiry please contact Juliette Hellman PR at juliettehellmanpr@googlemail.com or Anna, stem4 communications coordinator at anna@stem4.org.uk / 07874350339.



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.

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CALMHARM



CLEARFEAR



COMBINED MINDS



CONFERENCES



WEBSITE



HEAD ED