

Youth mental health charity stem4 to promote positive LGBTQ+ & BAME mental health on 10th October for World Mental Health Day

stem4's mental health expert, Dr Krause says "With this year's theme of World Mental Health Day being 'Mental Health for All', it should be our top priority to highlight those most vulnerable to mental ill-health and offer them solidarity and support in fostering positive mental health"

SEPTEMBER 2020: World Mental Health Day takes place on 10th October with the theme 'Mental Health for All'. In a year where all young people have had to build immense levels of resilience to combat the challenges of COVID-19, stem4 will use the day to highlight young people in communities most vulnerable to mental ill-health such as LGBTQ+ and BAME groups, in the hope of providing recognition, support, and solidarity. Dr Krause, leading clinical psychologist and stem4 CEO/Founder says 'We cannot have mental health for all, without having mental health for those groups most prone to mental health concerns'.

Young people across the UK have faced countless challenges this year, from long enforced periods at home and the uncertainty of unpredictable exam results, to unstable working arrangements or lack of employment opportunities, university lockdowns and ever-changing, school, college and university-specific COVID-19 restrictions. These challenges have left all young people more vulnerable to mental ill-health than ever. On top of this universal challenge, young people who are members of LGBTQ+, BAME and other minority groups could be at further risk. Indeed, pre-COVID-19 statistics show mental ill-health tends to be more common in children living in lower income households (9% on lowest incomes vs 4.1% highest income*), and in non-heterosexual young people (34.9% of non-heterosexuals aged 14-19 vs 13.2% of heterosexuals*). With only a fifth of BAME people feeling 'very able' to speak to people about their mental health*, and LGBTQ+ young people being five times more likely to have attempted suicide as compared with non-LGBTQ+ young people*, the ability of vulnerable groups to reach for help may also hinder progress towards positive mental health.

To highlight this, stem4 will release a series of quotes from members of these communities on World Mental Health Day, bringing their inspiring stories to the forefront of the conversation and providing hopeful solidarity for young members of BAME, LGBTQ+ and

other minority groups across the UK. This content will be released across the stem4 social media platforms ([Twitter](#), [Facebook](#), and [Instagram](#)), as well as on the website ([Blog](#)).

--Ends--

About stem4: Founded by Clinical Psychologist Dr Nihara Krause, stem4 is an award-winning charity aimed at supporting the positive mental health in teenagers. With 1 in 8 children and young people aged between 5-19 presenting with at least one diagnosable mental health condition*, stem4 works to enhance early understanding of mental illness and signpost towards prompt action and intervention.

In order to carry out this mission, the charity educates individuals, parents, teachers and communities through the provision of interactive conferences, digital educational resources such as 'Head Ed' and a comprehensive website. Further, the charity has identified the widespread use of mobile phones as a potential means for change, resulting in the development of apps such as 'Calm Harm' for dealing with urges of self harm, 'Clear Fear' to help with anxiety and 'Combined Minds' for family and friends of those dealing with mental ill health. stem4 are also founders of Youth Mental Health Day, an annual campaign that encourages understanding and awareness of mental health in young people, enabling them to live happy and healthy lives all year round.

*(NHS Digital 2017)

Contact: For further enquiry please contact Juliette Hellman PR at juliettehellmanpr@googlemail.com or Anna, stem4 communications coordinator at anna@stem4.org.uk / 07874350339. **Dr Krause is available to interview via request.**

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

***Sources:**

- Mental health issues are more likely to affect young people who identify as LGBT+ than those who do not → [Stonewall LGBT in Britain Health Report 2018](#)
- 34.9% of non heterosexuals aged 14-19 had a mental disorder vs 13.2% of heterosexuals → [Mental Health of Children and Young People in England, NHS Digital 2017](#)
- Mental disorders tend to be more common in children living in lower income households 9% on lowest incomes vs 4.1% highest incomes → [Mental Health of Children and Young People in England, NHS Digital 2017](#)
- Only a fifth of BME people feel very able to speak to people about their mental health. → Time to Change 2013 [MENTAL HEALTH SURVEY OF ETHNIC MINORITIES RESEARCH REPORT](#)
- LGBTQ+ young people are five times more likely to have attempted suicide as compared with heterosexual young people → DC. (2016). *Sexual Identity, Sex of Sexual Contacts, and Health-Risk Behaviors Among Students in Grades 9-12: Youth Risk Behavior Surveillance*. Atlanta, GA: U.S. Department of Health and Human Services.

