

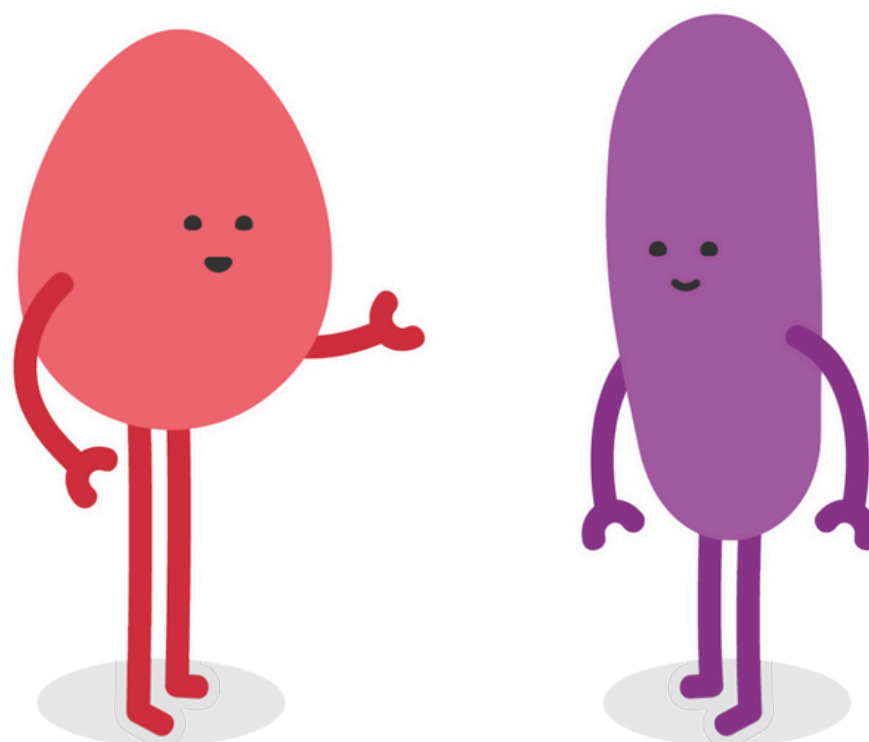


stem4
supporting teenage mental health

YOUTH MENTAL HEALTH DAY™

Friday, 19th of September

Share Support - Assembly Script



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Slide 1



Hello and welcome to our assembly. This year's Youth Mental Health Day, created by the charity stem4, takes place on Friday 19th September. The theme is #ShareSupport, and in this assembly, we're going to explore what that means and how we can all be part of it.

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What is Youth Mental Health Day?



- Created by stem4 to get young people talking about mental health
- A day to learn, reflect, and take action
- This year's theme is [#ShareSupport](#)



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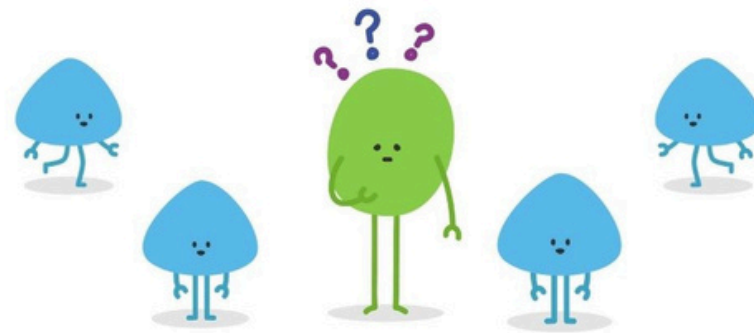
Youth Mental Health Day was created to help young people talk more openly about mental health. It's a chance to reflect, learn, and take small actions that can really help, whether that's looking after yourself or supporting someone else.

This year's theme, [#ShareSupport](#), is about using the power of connection to make things better for ourselves and others.

Slide 3

Why #ShareSupport?

1 in 5 young people in the UK have a probable mental health disorder.



But only 40% access mental health support.

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According to NHS England, 1 in 5 young people in the UK are living with a probable mental health disorder. That means in almost every classroom, someone is struggling.

But only 40% get the help they need. That's why sharing support, talking, listening, and checking in, matters so much.

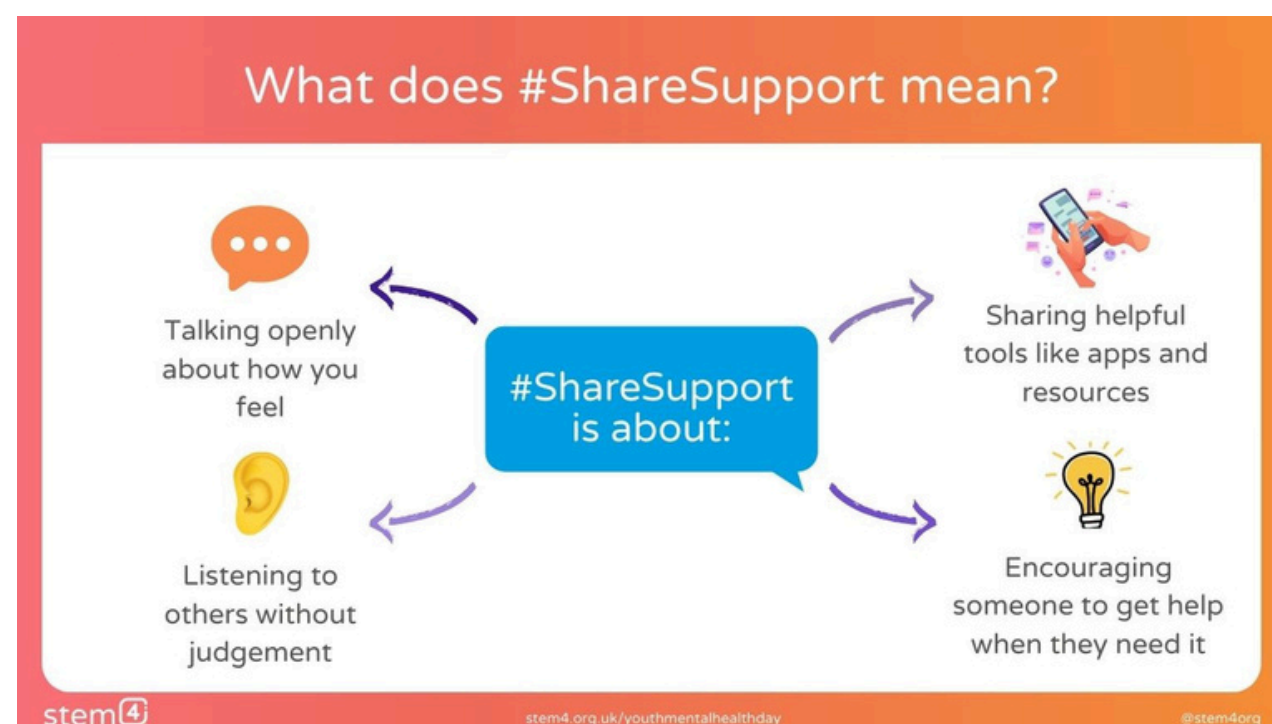
Slide 4



Sharing support is something that we can all do today.

Whether it's sending a message to a friend, sharing a helpful app, or just saying "I'm here if you want to talk," #ShareSupport is about taking action, even in small ways.

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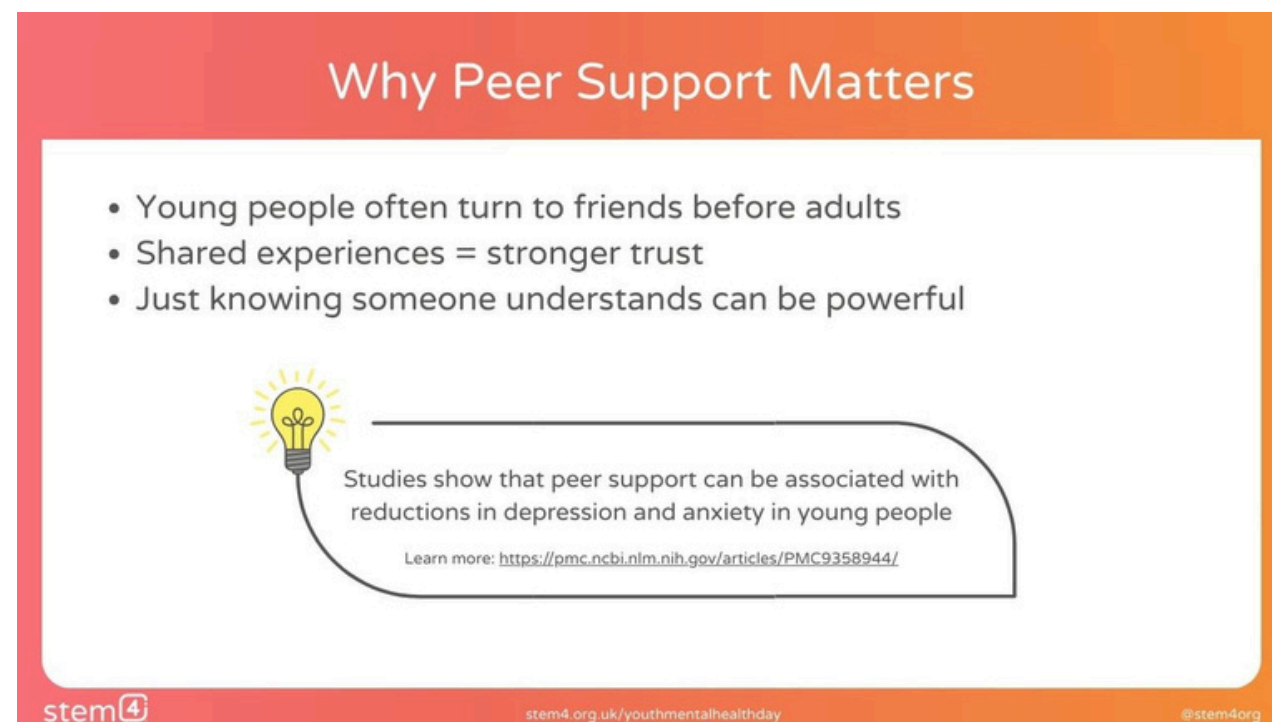


So what exactly is sharing support? It can be:

- Talking honestly about how you're feeling
- Listening to someone else, without judgement
- Sharing apps or tools that helped you
- Encouraging someone to reach out for more support


Support is something we all need, and we all have the ability to give.

Slide 6



Why Peer Support Matters

- Young people often turn to friends before adults
- Shared experiences = stronger trust
- Just knowing someone understands can be powerful

 Studies show that peer support can be associated with reductions in depression and anxiety in young people

Learn more: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9358944/>

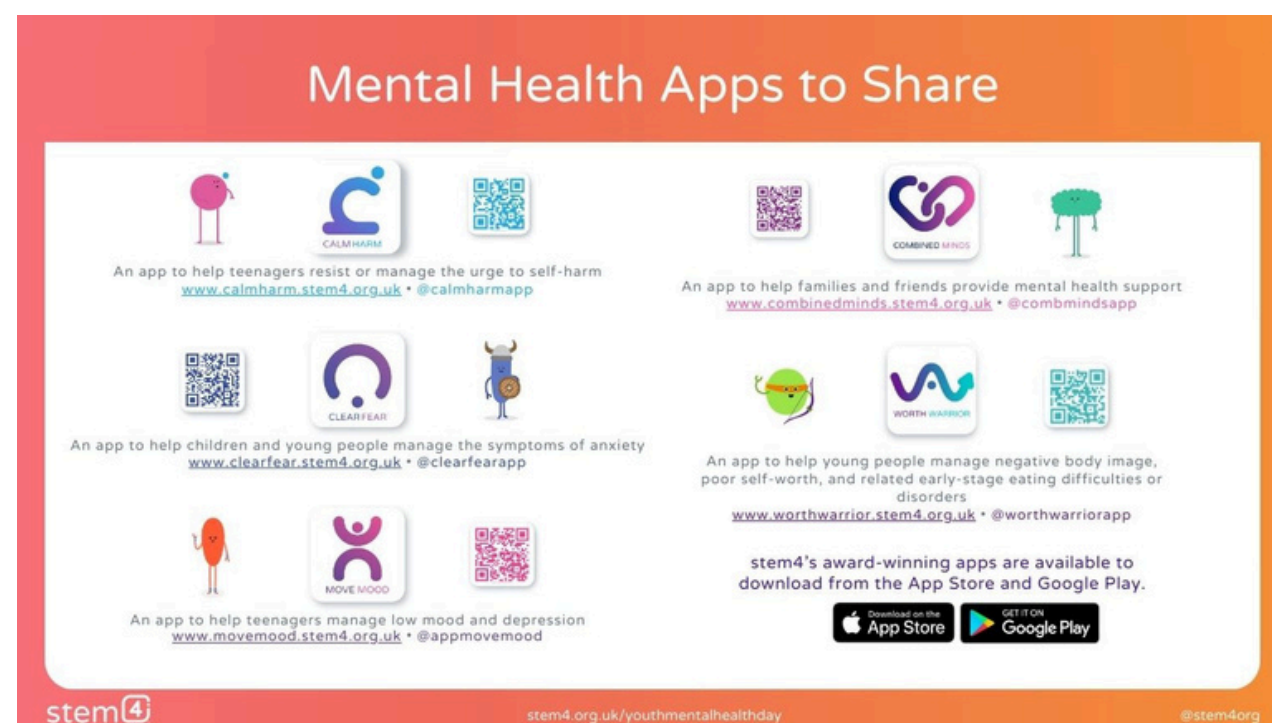
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A lot of the time, young people feel more comfortable talking to friends than adults. You understand each other's experiences.

Just knowing someone gets it, and isn't judging you, can make a huge difference.

In fact, studies show that peer support can reduce anxiety, improve confidence, and help people seek help from trusted adults earlier.

Slide 7



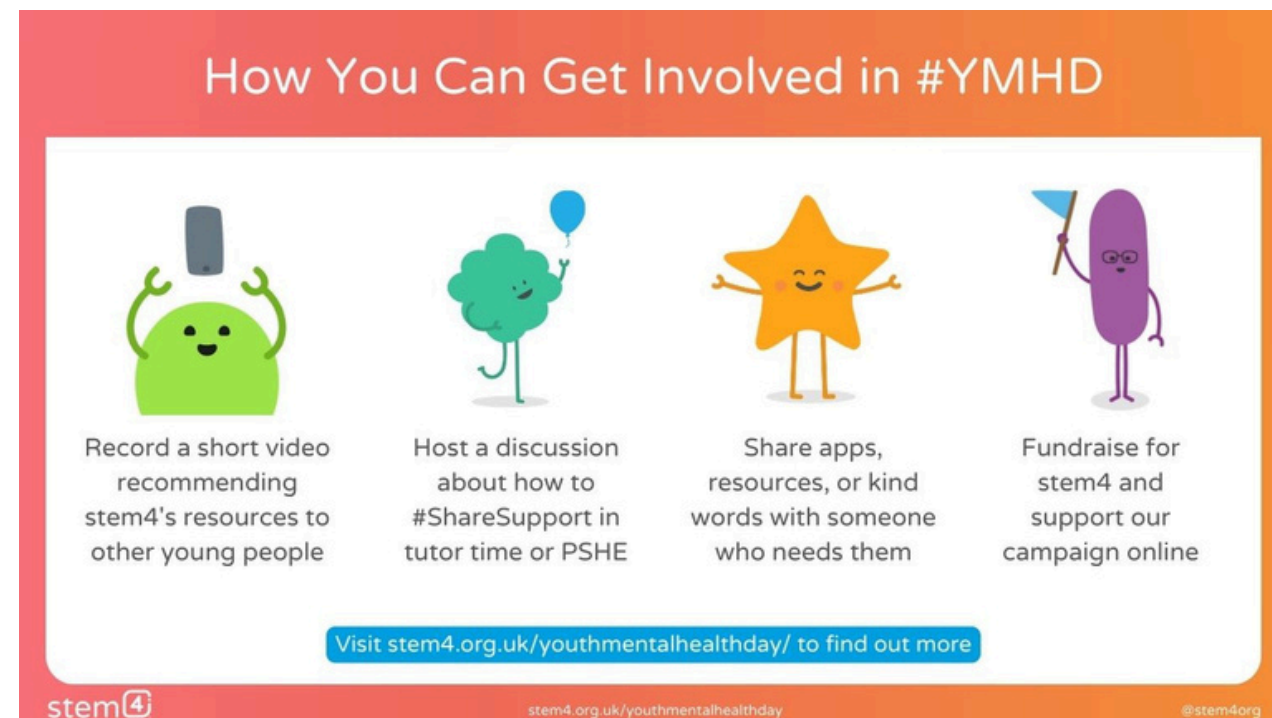
stem4 has created five evidence-based apps to support young people with things like anxiety, low mood, body image, and self-harm.

You might want to try:

- Clear Fear – for anxiety
- Calm Harm – for self-harm urges
- Worth Warrior – for body image
- Move Mood – for low mood
- Combined Minds – for supporting someone else

If you've found an app helpful, share it, you never know who might need it.

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This Youth Mental Health Day, there are so many ways to take part:

- Record a short video recommending something that helped you
- Start a conversation with a friend or teacher
- Share a kind word, a tip, or a resource
- Fundraise to help more people access stem4's free tools

No action is too small.

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1 minute task

Think about how one way you could [#ShareSupport](#) this week



Swap over and tell them how you will [#ShareSupport](#)



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Turn to the person next to you and tell them one way you could [#ShareSupport](#) this week, even if it's something simple like "I'll check in with a friend."

(Allow 1 minute for students to talk.)

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Join us in sharing support and promoting positive mental health this **Youth Mental Health Day!**



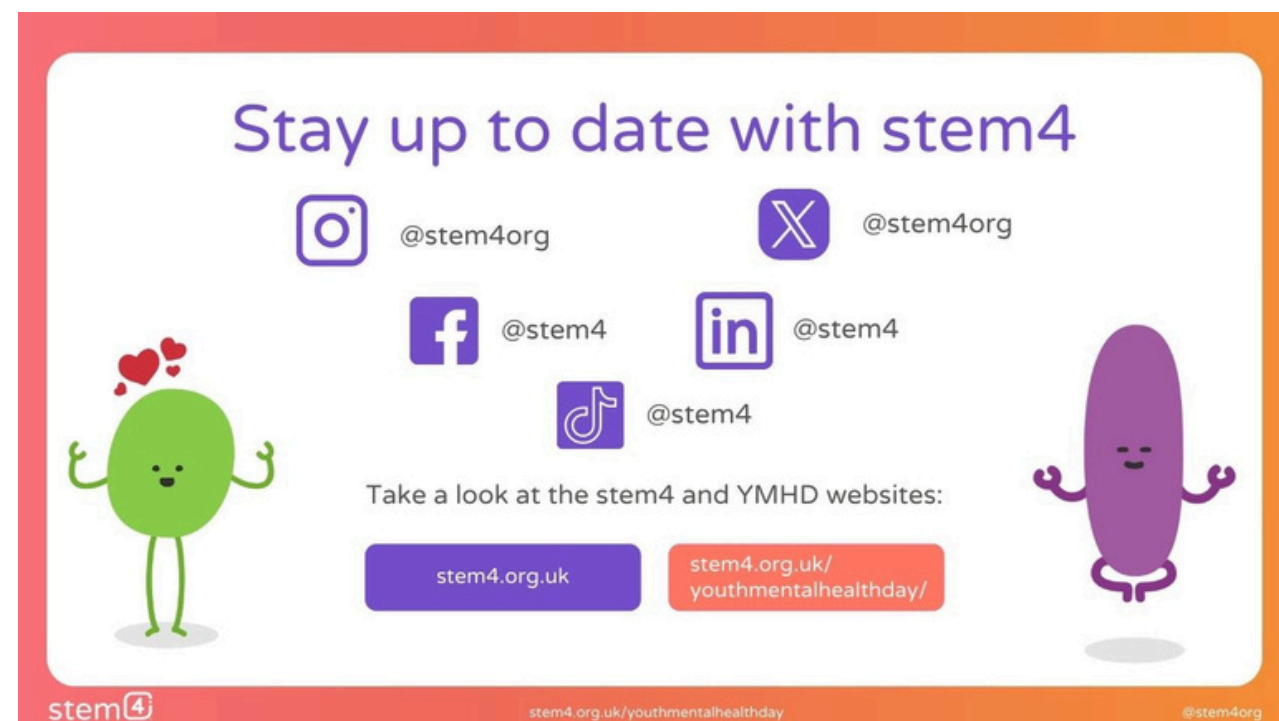
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Join us in sharing support and promoting positive mental health this Youth Mental Health Day!

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To find out more, visit stem4.org.uk/youthmentalhealthday.

Thank you for listening, and remember, we all have something to share.

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Thank you for listening!



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Thank you for being part of this important day.

Whether it's by talking, listening, or sharing something helpful, your actions matter.

Let's all be part of building a culture of care and connection, not just today, but every day.