

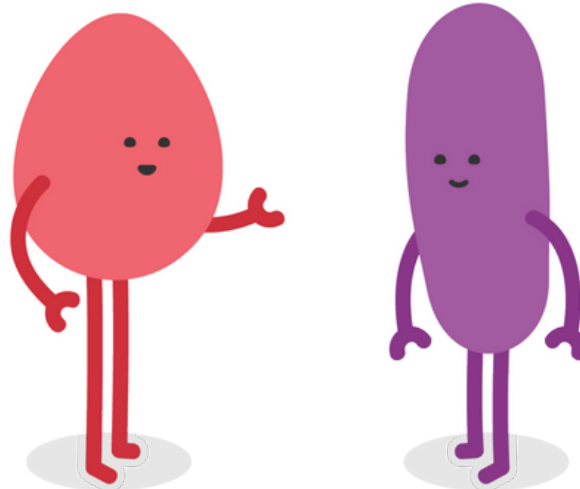


stem4
supporting teenage mental health

YOUTH MENTAL HEALTH DAY™

Friday, 19th of September

Share Support

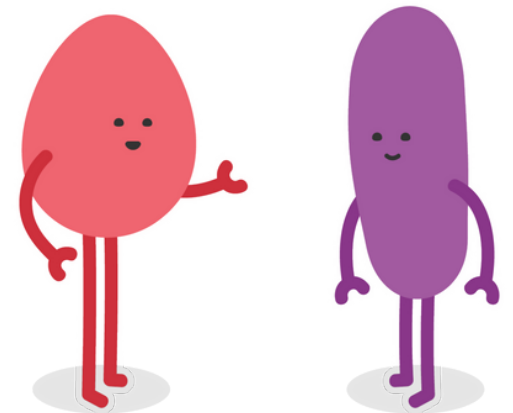


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What is Youth Mental Health Day?

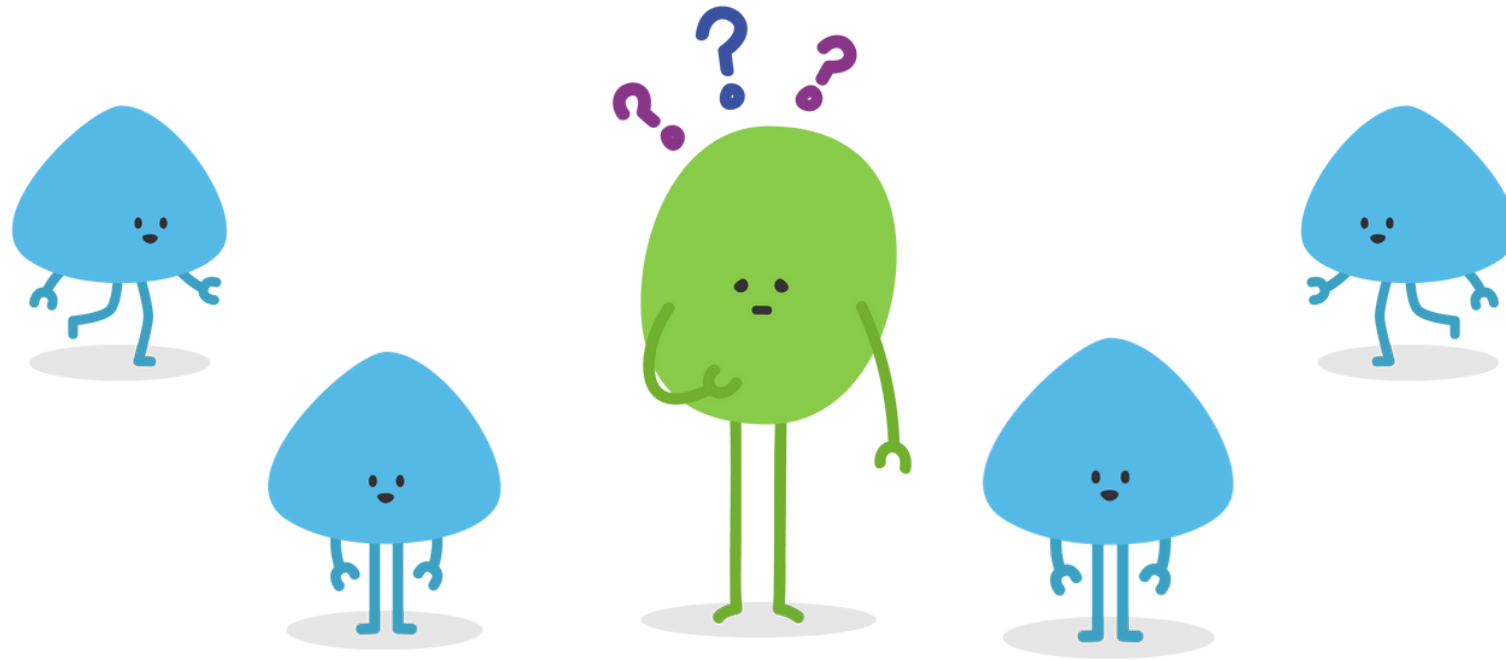


- Created by stem4 to get young people talking about mental health
- A day to learn, reflect, and take action
- This year's theme is [#ShareSupport](#)



Why #ShareSupport?

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



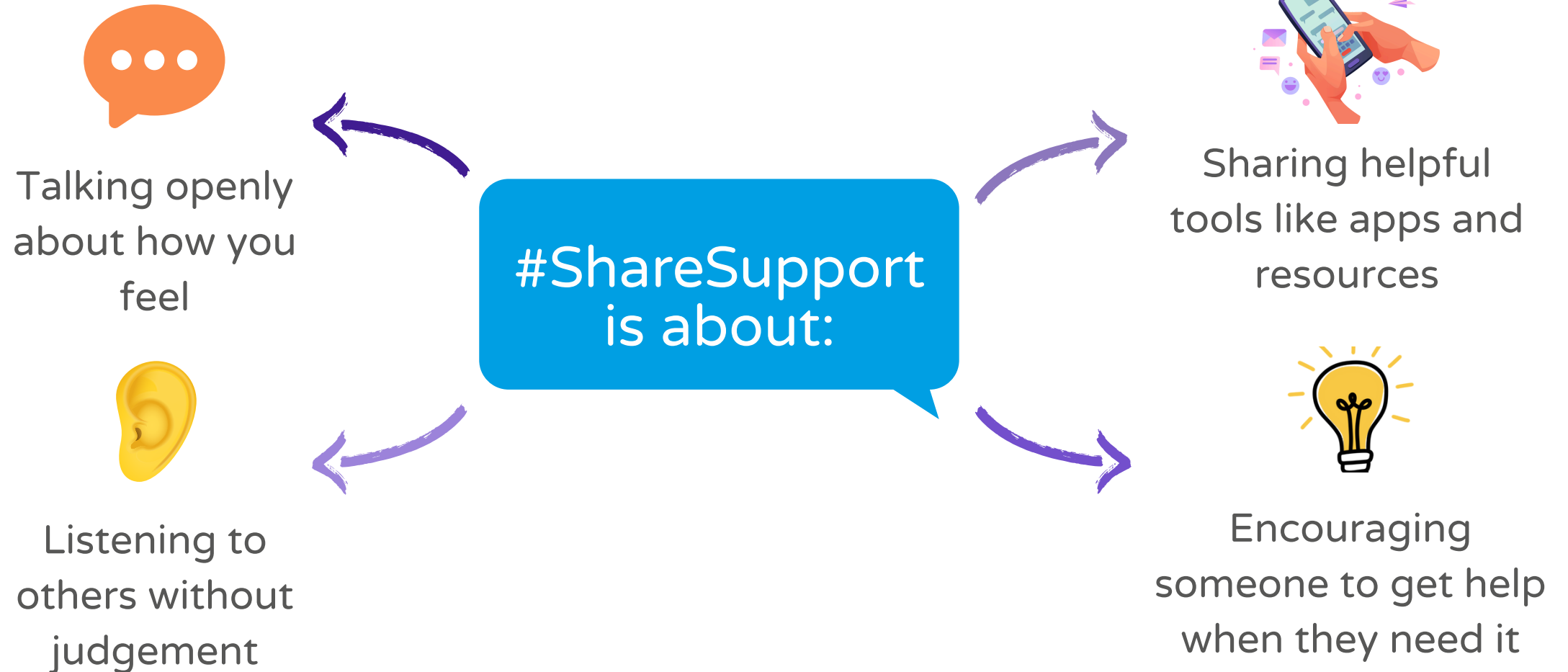
But only 40% access mental health support.

Why #ShareSupport?

Sharing support is about taking action. Whether you're offering a listening ear, sharing mental health resources, or promoting awareness, you can make a real difference.



What does #ShareSupport mean?



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/>

Mental Health Apps to Share



An app to help teenagers resist or manage the urge to self-harm
www.calmharm.stem4.org.uk • @calmharmapp



An app to help families and friends provide mental health support
www.combinedminds.stem4.org.uk • @combmindapp



An app to help children and young people manage the symptoms of anxiety
www.clearfear.stem4.org.uk • @clearfearapp



An app to help young people manage negative body image, poor self-worth, and related early-stage eating difficulties or disorders

www.worthwarrior.stem4.org.uk • @worthwarriorapp



An app to help teenagers manage low mood and depression
www.movemood.stem4.org.uk • @appmovemood

stem4's award-winning apps are available to download from the App Store and Google Play.



How You Can Get Involved in #YMHD



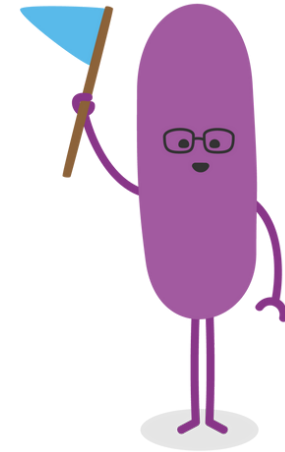
Record a short video recommending stem4's resources to other young people



Host a discussion about how to #ShareSupport in tutor time or PSHE



Share apps, resources, or kind words with someone who needs them



Fundraise for stem4 and support our campaign online

Visit stem4.org.uk/youthmentalhealthday/ to find out more

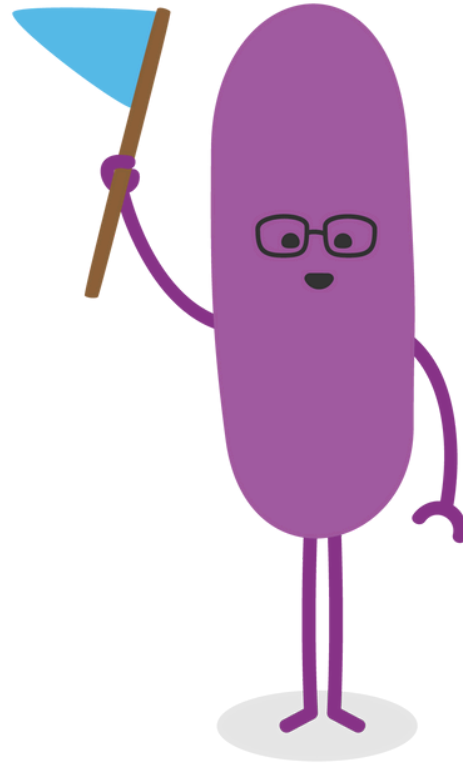
1 minute task

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



Tell the person next to you how you will [#ShareSupport](#)

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



Stay up to date with stem4



@stem4org



@stem4org



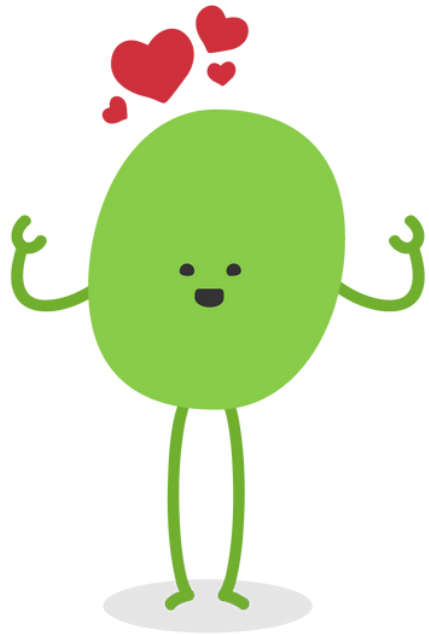
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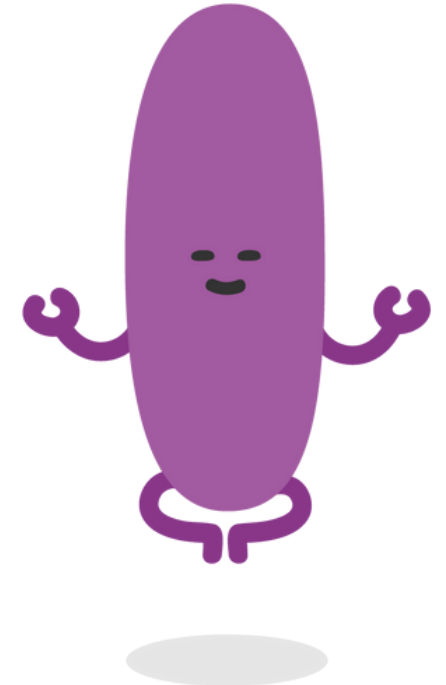
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Take a look at the stem4 and YMHD websites:

stem4.org.uk

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



Thank you for listening!

