

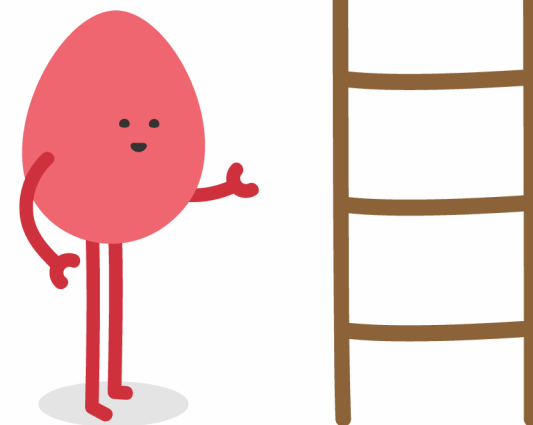


How to #BuildFutureYou



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 [#BuildFutureYou](#)



53%

of young people in the UK feel anxious about their future on a daily basis.

The King's Trust TK Maxx Youth Index 2025

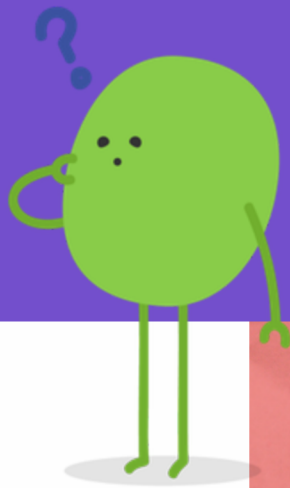
70%

of young people still feel determined to achieve their goals.

The King's Trust TK Maxx Youth Index 2025



What Does “Build Future You” Mean?



Your future isn't just about careers or achievements. It's also about your wellbeing, your relationships, your confidence, and your sense of self.

What matters to you?

What kind of life do you want to create?

How do you want to feel?

Building your future is not a solo task



Build your 'future you' wellbeing toolkit

Improve your wellbeing, connect with mental health services, use effective mental health tools and resources.



Speak out and reach out

Ask for early help if you feel uncertain or if negotiating future steps feels difficult.



Learn and grow with others

Surround yourself with people who can help shape what you want and help you find out what's needed to help you grow.



Connections matter

Learn from others and don't be afraid to ask them to help you explore opportunities. Collaboration builds confidence and ideas.

1 minute task

“In the future, I want to feel...”



Tell the person next to you your answer- big dreams and small ones both count!

Meet Future You

★ In the future, I want to feel...

★ A small step I could take this week is...

★ Future me would thank me for...



Bonus activity:

Download the free guide
and fill in the 'Meet
Future You' worksheet
in your own time.

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

Take Action

#BuildFutureYou



Share your future goals

Post something about what “Future You” means to you and tag us at [@stem4org](https://www.instagram.com/stem4org) using [#BuildFutureYou](https://www.instagram.com/hashtag/BuildFutureYou) and [#stem4YMHD](https://www.instagram.com/hashtag/stem4YMHD) on 18th September.



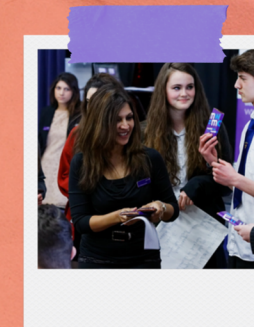
Fundraise for stem4

Help stem4 support more young people to build positive futures through better mental health support. Whether it's a challenge, event, or fundraiser with friends, every action can make a difference.



Try a stem4 app

Tools like [Clear Fear](#) and [Calm Harm](#) can support your mental health.



Mental Health apps



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.



If You Need Further Support



Emergency

Please call 999 or 111

SHOUT

Free, confidential,
anonymous text support
service.

Text 'SHOUT' to 85258
(24/7)

Website:

www.giveusashout.org

HOPELINE247 (Papyrus):

Call 0300 102 2470

Text 'HOPE' to 88247

Email pat@papyrus-uk.org

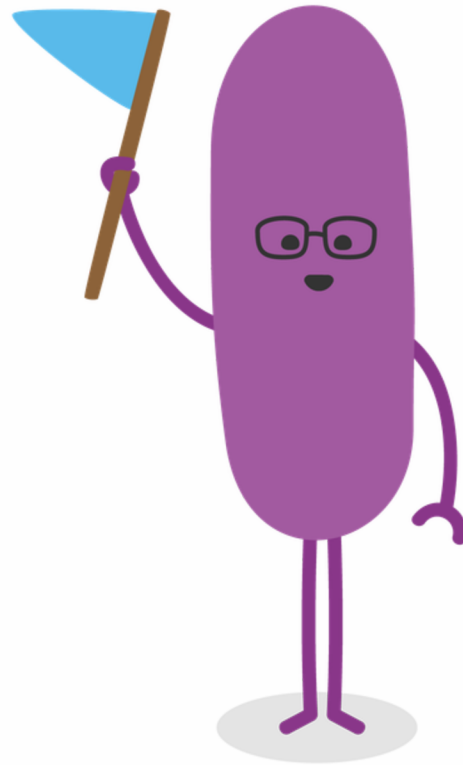
Childline:

Call 0800 1111

Samaritans:

Call 116 123

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



Stay up to date with stem4

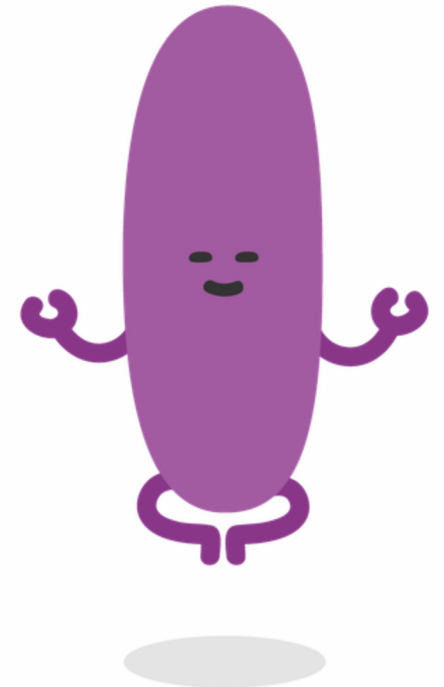
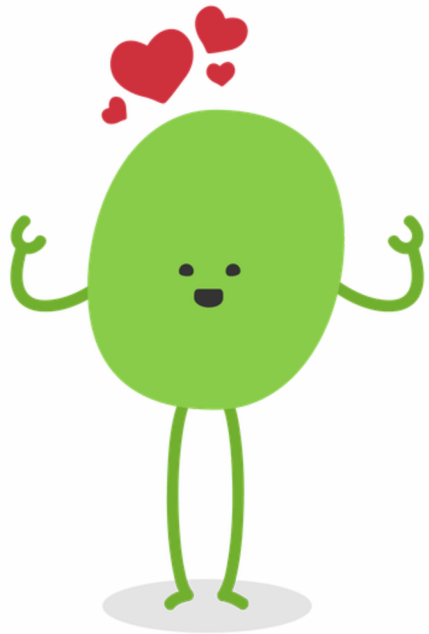


@stem4org

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!

