

# YOUNG Mi MINDS

YoungMinds is the UK's leading charity championing the wellbeing and mental health of children and young people. Driven by their experience, YoungMinds creates change so that children and young people can cope with adversities, find help when needed and succeed in life.

Nearly 850,000 children and young people have a clinically significant mental health problem in the UK.

Children and young people with mental health problems are at the heart of YoungMinds work. They provide practical help and expert knowledge to professionals, parents and young people:

## Parents Helpline

A lifeline to thousands of parents and carers each year, this service continues to be a lifeline for any adult concerned about the mental health, emotional wellbeing or behaviour of a child or young person aged 0-25.

## Mental health information

Online through an informative website, e-newsletters, social media and a wide range of publications.

## HeadMeds

An innovative website with down-to-earth information on mental health medication.

## Expert training, resources and consultancy

Giving knowledge and confidence to those working with children and young people.

## YoungMinds young activists

Working with professionals and policy makers on a local and national level.

## Working to change attitudes and policies

Campaigning and raising awareness for the past 25 years.

YoungMinds campaign and project work continues to grow. YoungMinds recently joined forces with The National Autistic Society to form **Always**, the campaign for stronger rights to protect young people living in mental health hospitals and their families when they need it most. **Amplified** puts young people and their parents at the heart of the mental health system to create user-centred services where their voice matters.

YoungMinds mission is to improve the emotional resilience and mental health of children and young people throughout the UK by informing and actively engaging with children, young people, parents, policymakers and professionals.

[www.youngminds.org.uk](http://www.youngminds.org.uk)