

YOUNG MINDS

The voice for young people's **mental health and wellbeing**

Our Strategy

The sheer scale of the problem we're faced with can feel overwhelming. More young people than ever before need support for their mental health and accessing that support quickly, can make a critical difference to those young people. Yet, most of the time those young people need to wait. And wait. And wait.

When it feels like nothing is there for you when you need it most, you feel alone. For far too many young people, this is their reality. When they need help and can't get it, it feels like they're being told they don't matter.

We have called our strategy 'You Matter' because, ultimately, that is what this is all about. We need young people to know that whatever they are going through, they matter and they deserve help. And each and every one of us needs to acknowledge that, to those young people, we matter and the role we can play is vital.

The **YoungMinds** website offers information and advice for parents regarding a wide variety of issues and concerns. Use the web address below to directly access the YoungMinds website :

<https://www.youngminds.org.uk/parent/>

If you go to the "Parents" page then there are two sections that provide helpful information and advice :

- Parents A-Z Mental Health Guide
- How To Talk To Your Child About Mental Health