

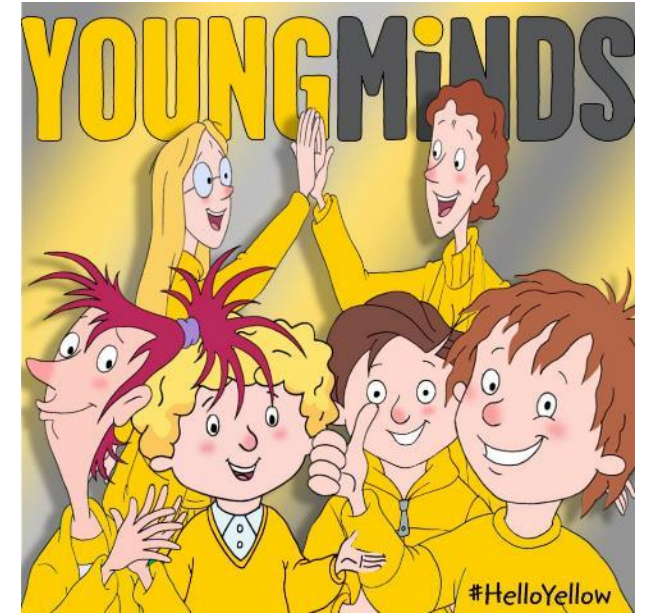
#HelloYellow

LET'S
BRIGHTEN
UP A SCHOOL DAY



It's #HelloYellow!

Today we're showing young people that they're not alone with their mental health and raising vital funds for YoungMinds.





Why are we wearing yellow?

We've all been going through a difficult time, so wearing yellow today is a way of showing solidarity with young people and helping them know that they're not alone.

Looking after our wellbeing has never been more important and too many young people still feel ashamed to open up about how they're feeling.

The more people who show they care, the more comfortable young people will feel about talking to someone if they're struggling.

Meet Aaliyah



Here's how your fundraising will make a difference

- 1. A donation of £5** will help young people share their mental health experiences, which will reach thousands more young people to give them hope at this difficult time.
- 2. A donation of £10** ensures a Helpline Volunteer is on the end of the phone to provide information and support to distressed parents. They need our support more than ever.
- 3. A donation of £30** gives a parent or carer a 50-minute telephone call with a qualified mental health front line worker, who can provide clinical advice and guidance.

Thank you!