

About Us

4YoungMinds are a youth and lived-experience led social enterprise based in London. We deliver bespoke workshops and 1:1 mentoring for young people aged 11-25 that empowers them to take control of their own wellbeing.

Our **Mind over Matter** workshops are co-designed with young people to explore the topics most relevant to them whilst breaking down the stigma around mental health. We also work with parents, teachers and other youth professionals to provide them with the knowledge and tools to support young people with their mental health.



The Founder

Denise Brown is the founder of 4YoungMinds and has worked with young people for over a decade. She draws upon her experiences with anxiety from age 14 to design relatable workshops and provide a safe space for young people to **#TalkAboutIt**.

December '21-2022

600+ Young People
100+ Mentoring Hours
40+ Workshops

Our Clients



Outcomes

Young people's feedback and opinions are at the heart of every Mind over Matter programme. Below are some of our key outcomes:

Young people that felt they had a better understanding of mental health and mental illnesses after our workshops.

98%

Young people who learned new ways to look after their mental health and wellbeing.

92%

Young people that learned where/how to access support with their mental health.

95%

Our Impact



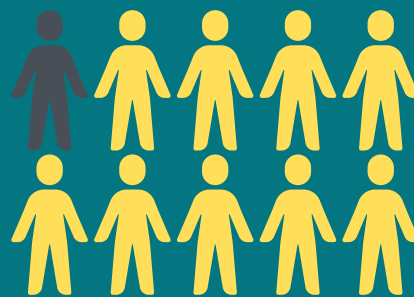
Workshop Rating

97% of young people rated our workshops as 'Excellent' or 'Good'



Increased Confidence

89% of young people felt more self-confident.



9/10 Young People

Would recommend our workshops to a friend.

"I loved how open and understanding the whole programme was. It came at a time when I was struggling with my mental health and didn't even realise."

Year 9 Student
Mind over Matter
Participant

"4YoungMinds are a brilliant organisation doing amazing work with young people which is much needed. Any organisations that can offer this to their young people absolutely should!"

Megan - Youth
Engagement Officer

"The programme gave me so much self-awareness and taught me how to manage my wellbeing in different situations."

Year 12 Student
Mind over Matter: Wellbeing
Ambassadors

Learn more at www.4YoungMinds.com

Breaking Barriers • Building Bridges • Changing Lives!

