

"I liked learning about my anxiety and my wellbeing."  
 -10yo participant from St. Paul's Fully Funded Programme

"I liked learning little tips to calm yourself down that no one else will teach you about."  
 -12yo participant from Hendon Fully Funded Programme

"I loved expanding my comfort zone and doing the group activities."  
 -11yo participant from Totteridge Academy Fully Funded Programme



IN 2023  
 WE WORKED WITH:  
**25+ Schools**  
 DELIVERED  
**70+ workshops**  
 & RECEIVED A GRANT FOR  
**15 fully funded Programmes**  
 &  
**5 1:1 Mentoring spaces**

**900+**  
 YOUNG PEOPLE REACHED THROUGH OUR WORKSHOPS AND MENTORING PROGRAMMES!

in 2023/24 as a recipient of the North, Central and East London CAMHS Hospital Avoidance Fund! In partnership with compass wellbeing



## OUR IMPACT ON YOUNG PEOPLE

after completing our 6 week Mind Over Matter Programme



Said they learned different ways to look after their mental health



Reported feeling more confident and resilient as a result of participating



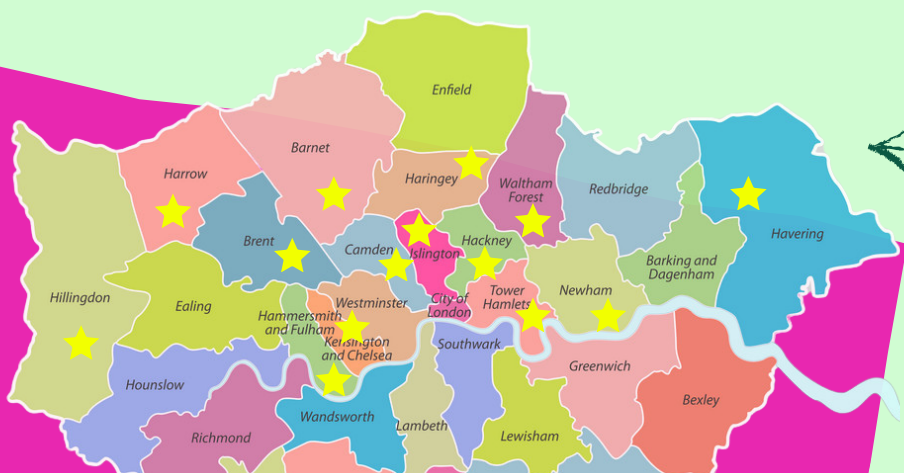
Felt more comfortable talking about things they are struggling with



of young people felt they had a better understanding of mental health vs mental illnesses after our workshops

"Denise was so nice and she understood me. I learned new ways to cope when I am feeling sad or angry."  
 Marisha - 11 year old mentee

WE EXPANDED OUR REACH TO  
**14 Boroughs**  
 IN 2023!



★★★★★  
**WORKSHOP RATING**  
 97% of young people rated our workshops as 'Excellent' or 'Good'

# FEEDBACK FROM OUR WORK WITH YOUNG PEOPLE

"I most enjoyed how much we got to show our feelings and we learned how to manage our mental health."

12 yo Mind Over Matter participant

"I loved how interactive the programme was and that we could talk about poor and good mental health mental."

20 yo Intro to Mental Health Workshop participant

"My mentoring sessions have helped me so much with my confidence! I feel less stressed and I really liked that Denise helped with things that counsellors and other people have overlooked in the past"

- Louisa, 16 year old mentee

"The programme was really fun and Denise was so nice and understanding"

14yo Mind Over Matter Programme participant at Hendon Academy

"I loved the group activities and that everyone was able to speak about what they're thinking."

19yo Workshop participant at Swan Housing

"The timing of these workshops was honestly perfect. So many of our students are struggling at the moment and there just aren't enough provisions in place".

-Feedback from staff at St Paul's Primary school

## OUR GOALS FOR 2024 & BEYOND

Breaking Barriers • Building Bridges • Changing Lives!



We are launching a Facebook Group to bring Parents, Teachers, and Youth Professionals together to learn more about supporting young people with their mental health.



In 2024, we are expanding our partnerships with London's schools and youth organizations to integrate mental health awareness into these environments, providing vital support and creating nurturing spaces for young people's development.



Our aim is to change the lives of 500+ more young people next year through more fully funded programmes and our workshops and online content.



www.4YoungMinds.com

Breaking Barriers • Building Bridges • Changing Lives!