



#HelloYellow

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# WHY ARE WE WEARING YELLOW?



This World Mental Health Day, we're wearing yellow to stand out and show up for young people's mental health.

By wearing yellow and raising funds for YoungMinds, we're showing young people that we're with them. We're showing them that they matter and deserve the support they need, when they need it, no matter what.

**However you are feeling, it matters. We want you to know that you're not alone with your mental health. Look around you – what can you see? Yellow!**

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

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# WHERE TO GET HELP

However you are feeling, it matters.

If you're worried about how you're feeling, you are not alone. Remember you can talk about your feelings to an adult you trust.

The YoungMinds website also has practical tips from young people with advice on looking after yourself, as well as information on getting how to find help.



VISIT [YOUNGMINDS.ORG.UK](https://www.youngminds.org.uk) TO FIND OUT MORE

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# A message from your Pupil Parliament

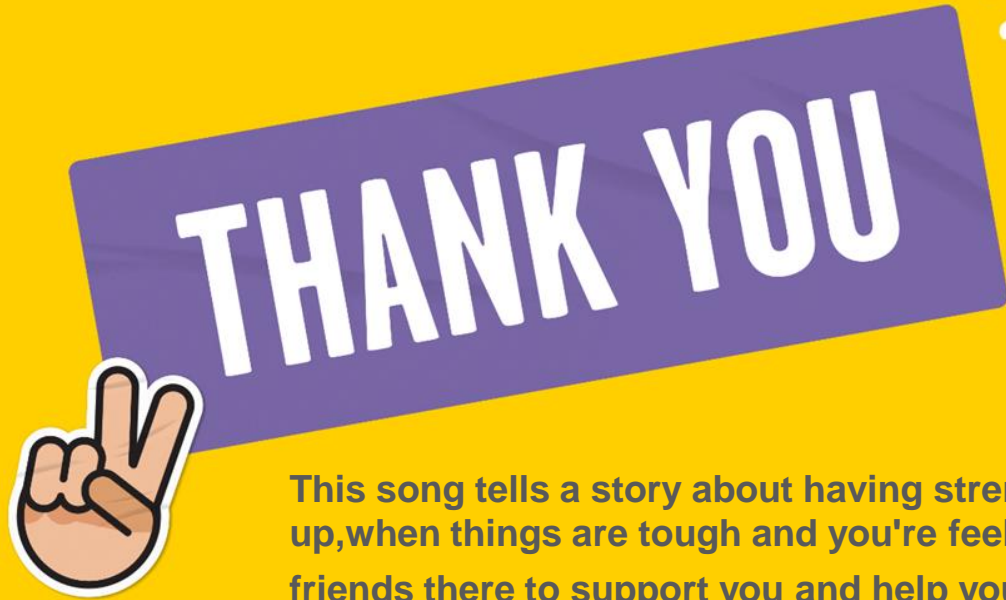
We're all together wearing yellow today, to **STAND OUT AND SHOW UP** for young people's mental health.

By wearing **YELLOW** we're showing young people they matter and deserve the support they need. However you're feeling, we want you to know you're not alone with mental health.

Having good mental health matters, talking to your friends can really help.



[song Rise Up Andra Day.url](#)



This song tells a story about having strength to rise up, when things are tough and you're feeling down. Having friends there to support you and help you rise again.