

#HelloYellow



WE'RE
FUNDRAISING

THIS WORLD MENTAL HEALTH DAY
BECAUSE YOUNG PEOPLE WITH
MENTAL HEALTH CONDITIONS
SHOULD NEVER FEEL ALONE -
[AND NEITHER SHOULD THOSE CARING FOR THEM]

EVENT

ELMSETT POST OFFICE, SUFFOLK
COME EAT CAKES, WEAR YELLOW & DONATE!

DATE

WEDNESDAY 10TH OCTOBER 2018
10.30 AM - 4.00PM

IF YOU WISH TO DONATE OR HELP BAKE, email
Rebecca at: drawnandwatered@gmail.com
or ask inside the Post Office for details

Did you know that **three** children in
every classroom have a diagnosable
mental health condition?

Why does **YOUNGMINDS** matter?

1 in 10 children and young people, aged 5-16, suffer from a diagnosable mental health problem such as depression, anxiety or an eating disorder. That's around 3 children in every classroom.

10% of young people deliberately harm themselves regularly.

3/4 of long-lasting mental ill health starts before the age of 18.



@YoungMindsUK



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"All through school me and my friends were always being told that if we mess up in our exams, then we have messed up our futures. The pressure made me feel so stressed out all the time - I didn't eat or sleep properly for ages and I felt so unhappy and desperate."

Jessica - YoungMinds activist



JUST BECAUSE YOU CAN'T SEE A PROBLEM DOESN'T MEAN IT'S NOT THERE!