



Supporting young people in your community

Do you work in a youth club, coach a sports team or help with extra-curricular activities outside of school? If so, we know you play a crucial role in the lives of young people. You might be the person they choose to turn to to talk about their mental health, or someone they reach out to for help. This can be a rewarding but challenging responsibility.

We've created new tips and resources that can really help if you feel under-equipped. From advice on how to talk to young people about their mental health, to resources that can help young people express how they're feeling, we've developed lots of new content so that you can feel confident responding to their mental health questions and concerns.

[Resources for supporting young people in your community](#)



How to help your child with exam stress

It's exam season, which is often a source of stress for young people. And after two years of academic disruption due to the pandemic, many will be experiencing them for the first time this year. Our Parents Helpline experts share their advice for supporting a young person during the exam period in a new blog.

> [Read the blog](#)

Check out our new guide to self-care

Self-care is a term that gets used a lot, but what does it really mean? We've worked with the young people on our Activist programme to develop a new webpage with lots of information about self-care and advice on how to go about implementing it.

> [Read our guide to self-care](#)



Great products for a great cause

Could you do with a new print to jazz up your workspace? Or a water bottle to lift your spirits when you're on the go? Or maybe a cool new T-shirt to wear as we enter the summer months? If so, then why not also support young people's mental health by picking it up at the YoungMinds shop? We



have a range of products you'll really love, that just so happen to help support our fight for young people's mental health.

> [Browse our shop](#)

Find a course



Better your understanding of mental health with one of our online courses

We run a variety of online workshops to help you better understand and support the mental health needs of young people you work with.

We still have spaces left for our comprehensive [introductory course to mental health in younger years](#) on Thursday, 12 May. We also have space left on our practical workshop on [involving young people in wellbeing support and services](#) on Tuesday, 24 May.

> [Browse our courses and book now](#)

New on the blog this month...

- [How to figure out what self-care means for you](#): When it comes to self-care, there's no right way to do it. Elsa explains how she found what self-care works for her and shares her advice for young people.

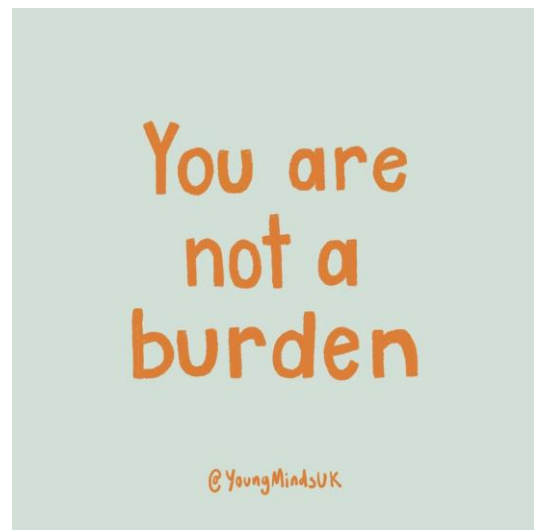
- [Why I practise self-care everyday](#): Self-care. It's something many of us have heard about and perhaps tried ourselves, but just how important is self-care and how regularly should we be doing it? Eleanor shares her story.
- [Coping with "mental health imposter syndrome"](#): Aidan explains how dismissing our own problems, or telling ourselves we're overreacting, can be what he calls "mental health imposter syndrome".



Our latest tips and advice on Instagram. Follow us [@YoungMindsUK](#)

**What to do
when self-care
feels impossible**

 An album



At YoungMinds, we're leading the movement to make sure every young person gets the mental health support they need, when they need it, no matter what.

Thank you for your ongoing support - Team YM 

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