

# YOUNG MiMINDS

fighting for young people's mental health

**Young Minds** is the UK's leading charity fighting for children and young people's mental health. They want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need when they need it, no matter what.

Young Minds know it can be difficult to know how to respond when someone opens up to you about their mental health. They have produced some advice on what you can say and how you can support your friends, while looking after your own mental health too.

Please click on the Young Minds logo above to access the resource.

