



Youth Mental Health Day

#ControlYourScroll

September 19th

Youth Mental Health Day seeks to start a conversation among young people about ways to improve mental health. It seeks to dispel the stigma associated with mental health and to offer hope and positivity.

#ControlYourScroll is the theme for Youth Mental Health Day 2024, which aims to provide young people with simple digital skills and mental health strategies for a positive and safe online experience.

There are many benefits that the online world offers including the ability to express creativity, maintain constant connections with peers, and quickly access entertainment and information.

In a survey of 1,025 youth, 93% stated to have experienced anxiety due to online content. Concerns around misinformation, fake news and disinformation rated highest 59%, followed by online fraud and scams 58%, cyberbullying 52% and sharing of sexual images 39%. (Stem4 Survey)

The online world has a lot of hidden risks that young people were not exposed to a decade ago.

www.hycscounselling.co.uk/self-help-hub/
www.stem4.org.uk/youthmentalhealthday/
www.annafreud.org/on-my-mind/



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy