

ACCESS

ALL AREAS



**WORLD
MENTAL
HEALTH
DAY 2022**



A LETTER FROM THE EDITOR

If we have one message for young Londoners, it's that you are not alone.

When we started thinking about World Mental Health Day Festival 2022, we knew the only way to tackle a challenge that affects so many young Londoners was with young Londoners at the forefront.

So we hired six young people that represent a range of experiences and identities to tell us their biggest challenges, their hopes for the future and their mental health and wellbeing needs. They gave us that and so much more, and together we built a vision for a more equitable world - **Access For All**.

This zine and the festival it represents are a product of their hard work, as well as the hard work of dozens of other young Londoners just like you. It is filled with their truths, creativity and passion to make sure that every young person has what they need to thrive.

We're sharing the tools and resources we have, because every young person deserves to feel empowered and knowledgeable about their choices.

But know that this is not just about one day, we know that young Londoners need and deserve more. This festival is built on the promise that your mental health and wellbeing will be supported and prioritised now and long into the future.

Winnie

Winnie Ogwang
Co-Founder & Director
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ENERGY IN MOTION

Anu Balofin, 19

I've been physically sick and mentally in bits
but it seems as though this music is my remedy.
Fighting subtle projections of a mental
perplexion just trying to get lost in this melody.
I think anybody could tell that I was hurting,
searching, for remedies in these melodies, but
I'm here reading poetry, so I guess you could
Say that they weren't working.
Sometimes it feels like writing is part of my nature.
Juggling emotions with my mind, my pen and my paper.
But sometimes I don't wanna rhyme,
I don't wanna say what I wanna say within a certain time.
Cause all that structure that form, implies that it's easy.
That all my problems disappear with words,
that just like that, it's eased me,
relieved me.

Why don't you believe me, I told you it's not easy.
I'm afraid to turn the music off, to turn the music down.
Because the silence outbeats the bass.
The silence is the louder sound.

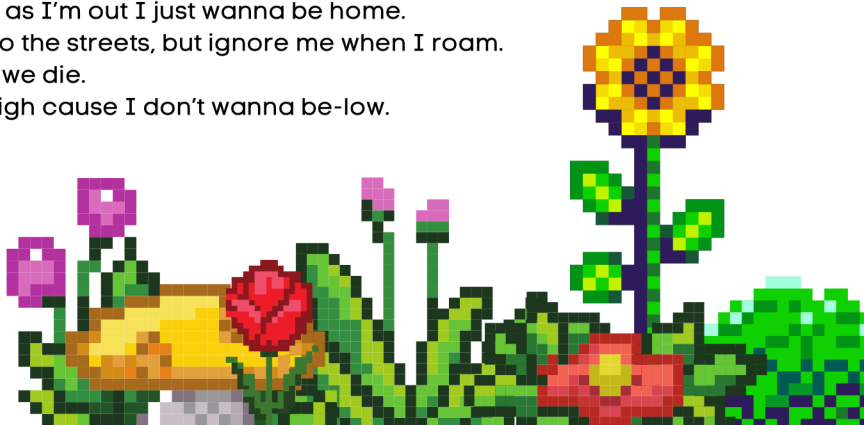
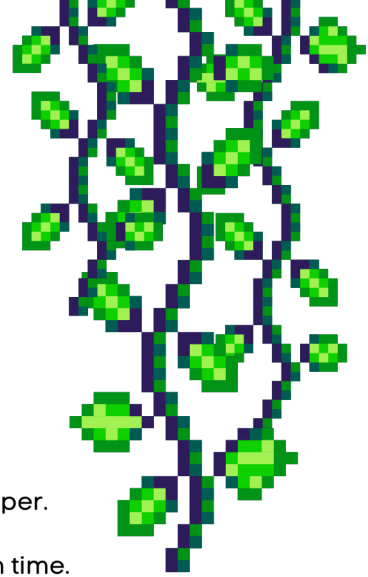
You know what makes more noise, you know
what sound plays, with or without my choice.
My voice, and not the voice you hear right now.
It's the voice in my head, saying I'd rather be
out than lying in bed. Same voice that doesn't
listen to a word I've said.

So I turn the music up, to drown out all the
voices including my own.

See I got this obsession with never wanting to
be alone, that as soon as I'm by myself I pick up my phone
But as soon as I'm out I just wanna be home.

A stranger to the streets, but ignore me when I roam.
We live and we die.

Simply be high cause I don't wanna be-low.



WHAT CREATIVITY MEANS TO ME

Yasmine Dankwah, 23

creativity is the ability
to express oneself without apology
it can be through words or equations
it's that blue sky thinking imagination
that allows us to dream beyond the
tick box boundaries that have been imposed upon us

creativity is the ability to just be
creativity is the ability to just breathe
extend a tree branch of empathy
it's wanting to see from my perspective
and learning to see from yours and respect it

creativity is the ability to problem solve without a manual
to find your way without a map
it's that gut instinct go with the flow
you've learned how train
and if you make a mistake
it's ok
cos a wise woman once said
if at first you don't succeed you put yourself up to try again
dust yourself off and try again try again

creativity is many attempts
it's collaboration
it's setting the foundations for change outside of a whitewashed
capitalist society that only thinks in binaries

creativity is a story
a tapestry
and we all have a piece of fabric
decorated and sewn coloured in different ways
influenced by our culture, passions and how we were raised
that we can weave on
together
to complete the narrative

cos creativity above all
is best shared with a collective

STORM

Faith Agba-Butler, 19

Along my journey
I had entered a new
season known as
Storm
Well at least I called it that

It keeps going
On and I'm
Not sure when it will stop

I went through different
Avenues to try and get through
The storm because
I knew I couldn't avoid it.

Injustice evil
Just a lack
Of care
I would frantically
Run down
Different roads
Armed with knowledge
And hope. The storm smiled
And came up with a new joke.

Held me in a choke
Hold and threw me
To the floor,
I couldn't even
See a door
A way out nothing.

When I found the strength
To stand out reinviting
With more ammunition
At first with the kindness
Of others when that turned
To nothing. I armed myself
With knowledge again.

The storm smiled at
Me a crooked smile.
It picked up pace using
The water from the sea to
Drown me in sorrow
Despair and hopelessness.

I was down for a while.
This time it
Came at me from different
Angles.

I was running
Out of time and options.
Damn near loosing
My mind
Questioning Everything
Even my future

Which I was so
Sure of until the storm came.

How could I be a mother
And provide?
If I'm failing to look after
myself now.
Will it be different
Can it be different
It has to be it will.

Now I am here.

Still in the storm.

I've been in it for 5 months
and counting.

Still no sign of an end in sight.

Constantly worrying scared
Afraid and so so so Angry.

This poem will finish when
The storm is over.

When it's calm and the sun
Comes out to reclaim my victory
My peace of mind after the storm
Has passed.

Lord Almighty
Plant my feet in solid ground
Let the roots grown deep
Into mother earth.
So when the storm
Wants to slam dunk
Me into the depths
Of the ocean where
Nobody has been before.
My tree won't move
And my inner peace
Will remain strong
Because I
Have you in my vessel
So the raging storm
Doesn't make my tree sway
But the sun comes out
And blesses the whole day
And yet again
I Win.



ANGEL

AHEAD OF THE FESTIVAL, WE SAT DOWN WITH ONE OF OUR PRODUCERS ANGEL TO DISCUSS HER JOURNEY AND WHY SHE'S AN ADVOCATE FOR MENTAL HEALTH

Who are you?

My name is Angel and I'm a producer of Access All Areas. I'm 19, from Croydon and a care leaver who's moved from a foster home into independent living.

What's important to you in life right now?

My siblings. Making sure that I'm resilient and there for them in every way I can be.

When it comes to your mental health and wellbeing, what one thing could you not live without?

My dog! When I'm ill or sad or something's going wrong - he is the best comfort ever. He comes to hug me and love on me. Plus taking him out on walks keeps me close to nature, which helps me too.

What's your superpower?

My superpowers are being understanding and staying strong through whatever challenges I face. Even if I'm going through hardship and pain, I continue to stay strong, keep my eye on the goal, and push myself to reach it with whatever energy I have left.

We need to build a world where young people do not feel alone.

Why are you passionate about advocating for young people and mental health?

I know the importance of mental health and how hard it can be to stay mentally strong, especially with all the struggles that young people can face feeling isolated. When we speak about mental health and how it affects us, it encourages others to open up to and understand that they're not on their own. I encourage everyone to keep having these conversations and to talk to those around them.

If you're comfortable, tell us about a time you struggled with your mental health and what helped you deal with that situation?

I struggled with my mental health when I went to see my mum. I hadn't seen her in 8 years and I didn't understand why certain situations had happened the way they did. When I came back to the UK, I didn't want to leave my house and I rarely ate. I distanced myself away from everyone - I didn't even celebrate my birthday. I just wanted to dig a hole and crawl into it.

But my best friend and my sister always made sure they checked up on me. They'd come to my house just to see me and keep me company. Having their support really helped me deal with things.

What's your biggest hope for young Londoners like you?

Every young Londoner deserves to be listened to, have support that's tailored to them, and a community that cares about them as an individual.

We need to build a world where young people do not feel alone. Less of social media consuming people's day to day lives and making young people feel alone. Lots more opportunities for young people to be in the real world and have face to face meets.

YOU GOOD?

Seems like a simple
question right?

But are we really?

Photographer Natalia
Morgan spent a weekend
with young Londoners to
find out, capturing their
challenges and hopes for
the future along the way.

PHOTOGRAPHY AND INTERVIEWS

Natalia Morgan, 21



Ade, 21

**ONE THING I CAN'T
LIVE WITHOUT IS MY
COMMUNITY; THE
PEOPLE AROUND
ME THAT ARE
THERE FOR ME, AND
I'M THERE FOR
THEM. THEY ARE MY
SUPPORT SYSTEM -
IF I NEED SOMEONE
TO TALK TO OR IF I
NEED CERTAIN
RESOURCES, THEY
ARE THERE FOR ME.**

Jemmar, 25





I THINK THE BIGGEST PROBLEM FOR US IS HAVING THE SPACE TO EXERCISE OUR AUTONOMY AND OUR FREEDOM. I THINK IF WE HAVE MORE SPACES, WHERE YOUNG PEOPLE CAN EXPRESS THEMSELVES AND TRULY SAY HOW THEY FEEL, WHAT THEY MEAN, AND NOT BE LOOKED AT LIKE "AW THEY'RE JUST A YOUNG PERSON, THEY DON'T KNOW WHAT THEY'RE TALKING ABOUT".

I FEEL LIKE IF WE HAVE THESE SPACES THAT ARE NOT CONDESCENDING, IT WILL ALLOW YOUNG PEOPLE TO THRIVE AND TO JUST HAVE CONFIDENCE IN THEMSELVES, WHAT THEY KNOW AND THEIR EXPERIENCES TOO.

Olamide, 20



Catherine, 21



Nico, 20



**WE'RE SEEING SCHOOLS
BECOME MORE POLICED.
WE'RE SEEING THAT PEOPLE
ARE NOT ABLE TO AFFORD
FOOD AND HOUSING. WE'RE
JUST SEEING SO MUCH
INJUSTICE RIGHT NOW AND
WE'RE BEING SILENCED.
WE'RE BEING TOLD THAT
THERE'S NOTHING YOU CAN
DO ABOUT IT, BUT THERE IS.**

SO I THINK THE BIGGEST STRUGGLE IS KNOWING YOU'RE NOT THE ONLY ONE. AND EVEN IF IT SEEMS LIKE IT, YOU'RE NOT. AND THAT'S WHY WE HAVE TO ORGANISE BECAUSE WE'RE NOT THE ONLY ONES.

I HOPE THAT WE WILL SEE AND FEEL HOW UNJUST THE WORLD IS AND IS STILL BECOMING. AND I HOPE THAT WE DON'T TAKE NO AS AN ANSWER.

Mel, 22

MY BIGGEST HOPE FOR YOUNG LONDONERS IS THAT THEY'RE ABLE TO STRIVE FOR WHATEVER THEY HOPE TO ACCOMPLISH IN THIS LIFE AND ENJOY THEIR JOURNEY.

Salam, 21





Natalia, 21

WHY I DECIDED TO MAKE A FILM ABOUT DEMENTIA IN THE CARIBBEAN

Rianna Patterson, 24



My grandfather passed away with dementia when I was only 16 years old.

Dementia is a neurodegenerative disease that affects cognition, due to brain damage. I would spend time at the hospital with my grandfather whilst studying for my final high school exams in Dominica. This experience highlighted to me the lack of understanding of dementia in public health facilities, cultural stigma towards dementia, the lack of access to support for young carers and insufficient research and resources for treatments for dementia.

By the age of 18, I founded a youth-led dementia charity called Dominica Dementia Foundation in 2016 in memory of my grandfather. This allowed me to develop my leadership,

team-building and advocacy skills by building key relationships with Government officials, Regional and International with aims and objectives planned by personal experiences. We are still the only dementia non-governmental organisation in Dominica.

At 22, an idea for a film came to me at University. I never intended to become a filmmaker, I sort of fell into it. It started when a production company reached out to me about participating in a documentary film, one thing led to another and then I started brainstorming ideas. It made me realise the power of film, that I could combine my passion for psychology and this new interest together for social change.

Dementia: The Island Journey is a documentary film on dementia in the Caribbean with a focus on Dominica and Barbados to highlight healthy ageing, to challenge the stigma of ageism in the media. It will also provide a platform to amplify black stories from the community. Funding from this initiative derived from a 2 year crowdfunding campaign. I have currently raised over £2,000 to produce this film.

My advice to anyone that wants to make an impact film is building your self-belief.

This film will focus on dementia, culture, and my personal journey in creating an impact in the lives of older people in Dominica. I want to highlight ageing and living well in a cultural context. We are living in an ageing population and I would like to highlight and celebrate the elderly, create a realistic as well as a positive approach to older people in the media. There is more to the person than dementia and I want this to come across in this documentary.

Although there isn't a scientific treatment for dementia I will explore holistic approaches to dementia and engage in traditional dances in a quest to understand the recipe for the meaning of quality of life.

Films are a great way to raise awareness of causes you care about as it can be made accessible to everyone. It is an outlet where you have free control on how you want a piece of work to look and feel. Films were made to be felt. You have no idea who you can inspire by even just one quote from a film.

It is important to challenge our own ideologies of films as they can be so much more than you can imagine and anyone can become a filmmaker. Nevertheless. It takes WORK and a lot of creative output. I was unaware of the high volumes of admin involved in filmmaking. At the same time, you also have control over this if you're working on a personal project but me being me I wanted to make sure that I am following the right protocols to ensure my team and everyone involved in this project.

My advice to anyone that wants to make an impact film is building your self-belief. There will be days that you might lose the vision focusing on other aspects of the film. If you have the financial backing I would recommend delegating tasks so that you can focus on the creative direction of the film. You might be knocked down but that does not mean your film isn't worth making. A mustard-seed of inspiration is worth more than anything. You have everything you need to be successful. Seek coaching and guidance from people in your network. You could also create a report from your film, which can be distributed and present to policymakers. Sky's the limit! You can do this!

ELEGANCE WITH NO NAME

Tyreis Holder and young Londoners for A Manifesto for 2.8 Million Minds

I wonder who cares for you?
If adults are truly there for you?
Or are they just there to share unfair views,
to know it all,
to tell you what not to and to do?
Curfew the days of not listening,
to blossoming buds of future flowers.
Empowering the leaves that have fallen in Autumn,
to spring sprouts with those lessons we've taught them.

So, what are your needs?.

Well, I want it to be known
that you put things in place to make me feel safe
but those same safeties lock me into a jamming spree.
Telling me you'll provide protection
but leaving me with metal reflections,
asking why you hid the key?
Do you even know how it feels?

Once my age but so far from that experience
you fold feelings down to 'not a big deal'.
When Global warming and environmental damage
is actually very scary, sincerely
the people who will actually see it: Gen Z.

I notice I'm treated as a villain in a book
I did not write because I look and think differently.
I feel fat and I hate that.
I can dot my spots on my face and back,
school only teaches me why I hate it.
My eyes sweating salt water
followed by sniggered laughter
I can't just erase that.
I'm sensitive.

I'm sensitive.

And I know that you know that I am,
but do you know that I know that you know that I am? ...

Exhausted by executive emotions and you daisy dancing,
showering me in kindness when I am no highness,
just a human who weeps low sometimes
but wants to be watered

just like all the other plants in the garden.
Forget me not.
I still require attention
which you'll know how to give if you just

L I S T E N

That the walls of the world break my brain's boundaries.
That I don't feel proud of me.
That the world I live in tells me to sit on nails
when I was sitting comfortably.
The thoughts and thinking that live deep inside of me
confiscates my letters and physicality,
but connecting with art
brings out a new language in me.

I want to let you know that I hear you completely,
I hear you completely.

I hear you.

There is not much difference between me and you,
I do what I do to be the person I once needed.
As the world let go of me swiftly,
art and poetry were the only things to catch me.
To bring out the power in me
when silence was my unwanted saviour.
It helped remind me of joy.

My power comes out when I get a choice,
when I get to be me,
when I relax,
when I understand
when the microphone is in my hand
and the stage is my oyster,
when music hums in my ears.

When I have the opportunity to explore myself
through processes that are new to me.
I feel powerful.
Being in a space that lets me create endlessly,
a phenomenon sense
that lets me sift self systems.
Tame off beat rhythms of government shame,
an elegance with no name...

I wonder

who cares for you?



MENTAL HEALTH STIGMA

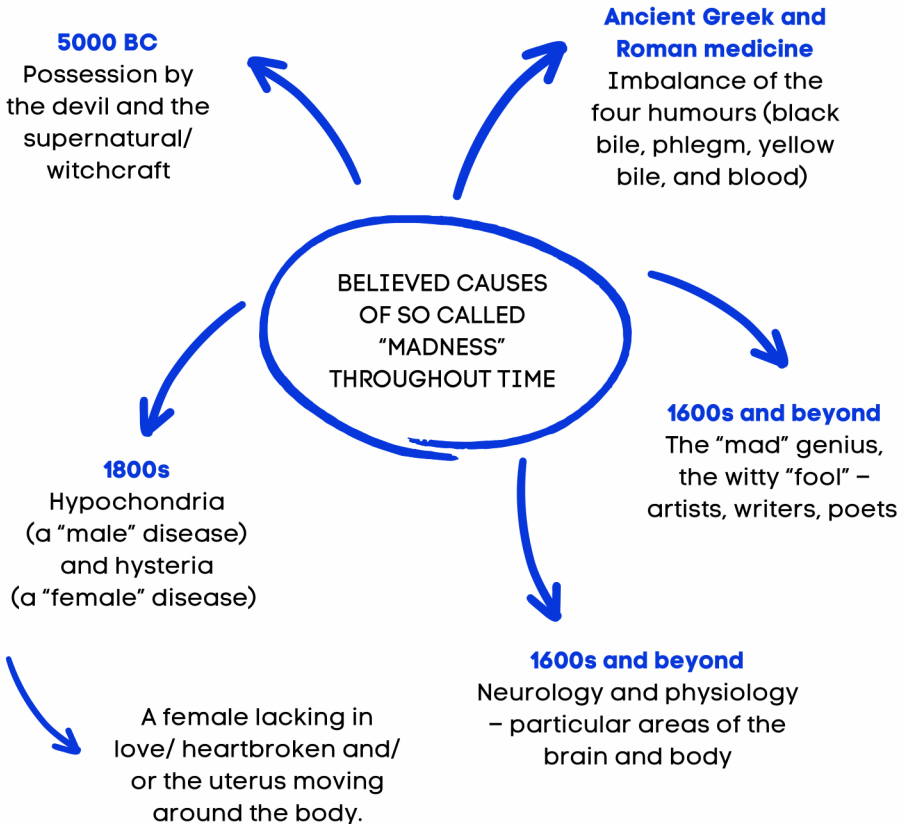
HOW HAS IT COME TO BE?

Emma Thornton, 24

‘Stigmatizing – the creation of spoiled identity – involving projecting onto an individual or group judgements as to what is inferior, repugnant, or disgraceful’ (Porter, 2013)

“MADNESS” THROUGHOUT THE AGES

Mental health, mental illness, and wellbeing have not always been referred to in this way – as early as 5000 BC there is evidence in Western literature and thinking of the concept of mental ill health being referred to instead as “madness”.



LOOKING AFTER (AND LOCKING UP) THOSE DEEMED AS "MAD" IN THE UK (A WHISTLE-STOP TOUR)

18TH AND 19TH CENTURY

1700s Asylums were founded in places such as Liverpool, Manchester, Newcastle, and York. The care and responsibility of those within these institutions mainly laid with religious orders.

1774 The Madhouses Act was created leading to several requirements – asylums in England had to be legally licensed and a maximum size for each asylum was established.

1800c.

Private "madhouses" were used in England initially.

1808

Act of Parliament passed which permitted the use of public money to fund asylums.

1828

A series of acts were passed at this point, which included the Commissioners in Lunacy being established. This saw the creation of a permanent body of doctors and lawyers, who were able to prosecute unlawful practices.

1845

The use of county asylums was made mandatory (there were still no asylums in Wales at this point in time). The majority of Britain's mental health hospitals were established over the next 25 years.

However, at this point still more people deemed as "mad" were held within workhouses and prisons as opposed to within specialised asylums for their care.

1890

A consolidating Act was established which required two medical certificates to be issued in order to detain each and every individual within an asylum.

Often those housed within asylums would have been those considered the "mad-poor", not even necessarily those who required any medical attention for their mental health.

LOOKING AFTER (AND LOCKING UP) THOSE DEEMED AS “MAD” IN THE UK (A WHISTLE-STOP TOUR)

20TH AND 21ST CENTURY

1908

The Maudsley Hospital was initiated and funded by Henry Maudsley. Maudsley wanted a place to look after those with mental health difficulties that was not just an asylum, but an urban centre, a hospital which also focused on psychiatric teaching and research.

1915

The Maudsley Hospital was built – this consisted of six wards, two were for assessment and four were for treatment purposes. The hospital was utilised during the first world war to help deal with military casualties.

1923

the Maudsley Hospital opened, for the purpose in which it was originally intended, to offer treatment for acute and chronic cases of individuals with mental health difficulties, as well as an out-patients department.

1948

NHS formed. At this point the Maudsley Hospital also became a postgraduate psychiatric teaching hospital.

1999

The South London and Maudsley NHS Foundation Trust was formed. This trust serves the London boroughs of Croydon, Lewisham, Lambeth, and Southwark (as well as specialist services across the UK) to provide mental health and substance misuse services.

2022

The Maudsley Hospital and every hospital Trust in London now provides a wide range of NHS mental health services, including inpatient, day-patient, and out-patient care.





HOW DO YOU RELAX?

MEETING AND TALKING WITH FRIENDS, LISTENING TO CALMING MUSIC, WRITING POETRY, KEEPING A JOURNAL ABOUT EXPERIENCES AND IDEAS, ARTICLE + BLOG WRITING, WRITING STORIES, PUTTING TOGETHER MOTIVATIONAL TALKS.

Marie Hanson, Director and Founder of S.T.O.R.M Family Centre

Switch off and relax through doing something in a silly fun way - make food, paint, dance, films or just pure rest in bed.

Rosie Baker, Co-Founder and Director at LIVING PROOF

SPENDING TIME WITH MY LOVED ONES, SHARING A MEAL AND WATCHING SOMETHING, AND NOT THINKING TOO MUCH ABOUT HARD STUFF FOR A WHILE.

Bethan Mobey, Policy Manager at Toynbee Hall

MINDFULNESS KEEPS ME RELAXED. REGULAR BREAKS THROUGHOUT THE DAY TO LISTEN TO MUSIC. HOUSEHOLD CHORES.. MAINLY WASHING UP AND MOPPING.

Felicity Ballin, Project Manager, Maternal Mental Health Services, HLP

It's really interesting that we all have different ways to relax, from playing with pets to playing musical instruments, getting outside for a walk (weather permitting), and using apps that help with mindfulness and meditation!

NHS, Best For You Team

Going for long walks with my family, playing basketball, watching t.v or listening to podcast/ music.

Perpetua Kamwendo, Children and Young People Lead, Health in Justice Team, NHS

I love reading fiction and memoirs, in silence, with my cat Cooper curled up beside me.

Becs Baumber, Partnerships & Development Manager, Thrive

OPPOSITE PAGE

COSY STARLIGHT

During big life changes, I always take a trip to see myself afresh and find my groove. So here's my invite to you - join me in my happy place, feeling cosy under the stars.

Rosie Baker, Co-Founder and Director at LIVING PROOF

WHAT RITUALS DO YOU HAVE TO STAY CONNECTED IN YOUR MIND OR TO YOUR BODY?

My daily ritual is I walk every day and take notice of nature - I notice the obvious like the changing leaves and colours of the trees, and I notice the little glimpses where it is less obvious like a tiny plant flowering in a pavement crack. As well as the sights, I take notice of the sounds and the smells too. Sometimes it comes naturally, but sometimes when my brain is whirring I have to physically halt myself, and bring myself into the moment by telling myself to look, smell and listen. And my whole body and mind soften with being in the presence of nature.

Beccs Baumber, Partnerships & Development Manager, Thrive

Gentle movement in tune with my body, taking time to meditate, grounding exercises (like trying to spot an item for each colour of the rainbow), and writing down three things I'm grateful for every day!

NHS, Best For You Team

I meditate then walk the dog most mornings, but I try not to beat myself up if I don't have time to meditate some days.

Bethan Mobey, Policy Manager at Toynbee Hall

Listen to old school RnB and hip hop to get me out of a funk and dancing like nobody's watching! Podcasts really help too, mainly comedians laughing and joking. Walking also helps me. Getting into fresh air and moving my body really helps.

Felicity Ballin, Project Manager, Maternal Mental Health Services, HLP

Movement! Yoga, weekly sauna, dog walking, juggling, journaling, shutting the laptop by 5pm, surrounding myself with positive people, following my curiosity in work/life/love.

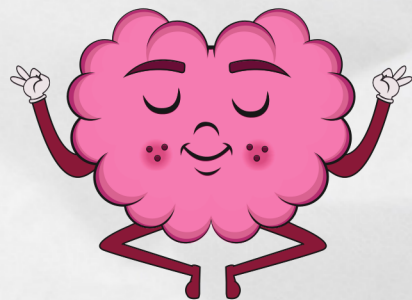
Rosie Baker, Co-Founder and Director at LIVING PROOF

Finding time to just rest and think about the positive things in life, like family, friends, and hobbies.

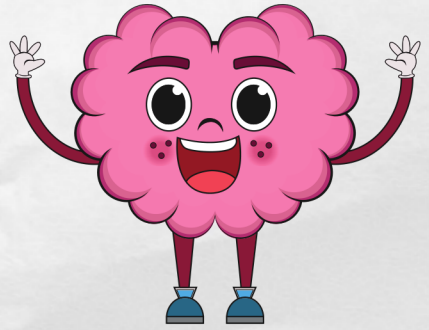
Marie Hanson, Director and Founder of S.T.O.R.M Family Centre

Lately I have been doing a bit of mindfulness first thing in the morning or last thing at night. I find it really helps with calming my mind and connecting me to my body.

Perpetua Kamwendo, Children and Young People Lead, Health in Justice Team, NHS



What do you watch/ read/ listen to when you're having a bad day to get you in a GOOD MOOD?



Some of us like up-beat music that we can dance to, while others prefer songs that reflect our moods! Comedy's a favourite watch throughout the team, though.

NHS, Best For You Team

I have a 'feel good' music playlist with a mixture of all my favourite songs which I listen to. I also watch movies on Netflix or listen to some funny/relaxing podcasts.

Perpetua Kamwendo, Children and Young People Lead, Health in Justice Team, NHS

Favourite music artists, reading interesting things like people's poems and stories.

Marie Hanson, Director and Founder of S.T.O.R.M Family Centre

WALKING IS MY GO TO OVERALL. IT'S MY HAPPIEST PLACE TO BE AND ALSO KEEPS ME GROUNDED. I WALK FIRST THING IN THE MORNING, LUNCHTIME AND AFTER WORK. IT HELPS ME FEEL CONNECTED TO THE WORLD, ESPECIALLY BECAUSE I WORK FROM HOME. PRAYER AND MINDFULNESS ALSO HELPS TO KEEP ME GROUNDED SPIRITUALLY. PRAYER IS THE FIRST THING I DO IN THE MORNING AND LAST THING I DO AT NIGHT.

Felicity Ballin, Project Manager, Maternal Mental Health Services, HLP

I LIKE TO LISTEN TO PODCASTS ABOUT SCIENCE AND THE NATURAL WORLD. DO YOU KNOW MUSHROOMS ARE CLOSER TO ANIMALS LIKE HUMANS THAN PLANTS? IT TAKES ME OUT OF MYSELF AND HELPS ME SEE THE BIG PICTURE.

Bethan Mobey, Policy Manager at Toynbee Hall

I LISTEN TO THINGS THAT FEED MY CURIOSITY AND GET ME BACK INTO MY RHYTHM. DANCE MUSIC OR PODCASTS WHICH ARE CONNECTED TO THE ROOTS OF WHAT I'M ABOUT...SO FUN TALENTED WEIRDOS WHO ARE DEEPLY INTO SOMETHING NICHE! FOOD AND FARMING, HISTORY STORIES, QUEER STORIES, PSYCHOLOGICAL THEORIES...I'VE BEEN LISTENING TO 'TANGENTIALLY SPEAKING' WITH CHRISTOPHER RYAN FOR 10 YEARS NOW AND IT ALWAYS MAKES ME LOVE THE PEOPLE IN THIS WORLD.

Rosie Baker, Co-Founder and Director at LIVING PROOF

I have to confess I do love some hard drum n bass, with the bass so bassy it rattles my bones. This makes me grin so hard that my mood immediately lifts!

Becs Baumber, Partnerships & Development Manager, Thrive

MENTAL HEALTH RESOURCES

PAPYRUS HOPELINEUK

HOPELINEUK is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide.

Call: 0800 068 4141 (every day 9am to 12am)

Text: 07860 039 967

Email: pat@papyrus-uk.org

Good Thinking

Good Thinking has resources, tips and wellbeing guides specifically designed to support children and young people in London. On their website you can also find signposting to free apps, blogs, podcasts and advice on how to get urgent support

good-thinking.uk/youngpeople

Young Minds

Young Minds has loads of practical tips and advice from young people for young people, as well as information on getting support. Whether you want to understand more about how you're feeling, get information about a mental health condition or find out what support is available to you, their guides can help.

youngminds.org.uk/young-person

The Samaritans: Free 24 hour support

"A safe place for you to talk any time you like, in your own way – about whatever's getting to you. We won't judge you or tell you what to do, we'll listen to you."

Email: jo@samaritans.org

Call: 116 123

SHOUT Crisis Text Line

Shout offers confidential 24/7 crisis text support for times when you need immediate assistance.

Text "SHOUT" to 85258

giveusashout.org

MENTAL HEALTH RESOURCES

The Mix

The Mix is here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that we have. They offer a free & confidential helpline available 365 days a year via phone, email or webchat. They also have discussion boards and live chat.

Call: 0808 808 4994 (7 days a week from 4pm – 11pm)

themix.org.uk

Rethink

Rethink improves the lives of people severely affected by mental illness through their network of local groups and services, expert information and successful campaigning. Their goal is to make sure everyone severely affected by mental illness has a good quality of life.

rethink.org

CALM | Campaign Against Living Miserably

CALM offer accredited, confidential and free support to men anywhere in the UK through a helpline and a webchat service. They will talk through any issue with you and offer support, advice and signposting. Calls won't show up on your phone bill and are free all phones.

Call: 0800 58 58 58 (365 days a year, 5pm – midnight)

thecalmzone.net

Child Bereavement UK

Child Bereavement UK support children and young people (up to the age of 25) when someone important to them has died or is not expected to live. They offer free, confidential bereavement support for individuals, couples, children, young people, and families, by telephone, video or instant messenger, wherever you live in the UK. They also offer face-to-face support from a number of locations.

Call: 0800 02 888 40

childbereavementuk.org

GET TO KNOW OUR YOUTH BOARD

DESCRIBE YOURSELF IN 3 WORDS...



**ANU
BALOFIN, 19**

Creative
Library
Pasta



**PARADOX
25**

Resilient
Calm
Adventurous



**ANGEL
CHIZEA, 19**

Resilient
Strong
Passionate



**EMMA
THORNTON, 24**

Artsy
Dedicated
Bubbly



**FAITH AGBA-
BUTLER, 19**

Brave
Ambitious
Strong



**OLADI
OJOYE, 16**

Enthusiastic
Dedicated
Joyful

FESTIVAL PARTNERS AND ORGANISERS

SUPPORTED BY
MAYOR OF LONDON

The Mayor of London's Peer Outreach Workers are a group of young people from across the capital that helps influence the Mayor's policies. The POWs are made up of 30 young Londoners aged 15 – 25 years old from diverse backgrounds and life experiences. They are commissioned by the Mayor to engage, inspire and gather the opinions of other young people in the capital. Their work helps shape the policies, strategies and services.



Thrive LDN is a citywide public mental health partnership to ensure all Londoners have an equal opportunity for good mental health and wellbeing. Launched publicly by the Mayor of London and the London Health Board partners in 2017, Thrive LDN has evolved and grown significantly in the past five years.



LIVING PROOF co-create experiences, products and services for young people, by young people. Their mission is to put youth voice at the forefront of decision making and empower the next generation to design the future they want to see. They have co-designed and produced this year's festival alongside a team of six young Londoners.



This year's festival is also supported as part of Thriving Through Culture, a partnership between Thrive LDN and the Greater London Authority's Creative Industries and Culture Unit (CCI), which is match funded by the Baring Foundation. Thriving Through Culture is a series of cultural programmes to support children and young people's mental health and meet the ambitions of London's Recovery Missions.



Established in early 2019, The Content Creatives have a clear goal of finding stories and capturing them for social media as well as having an underlying drive for achieving social good in the work they do by helping young people from challenging backgrounds.



DOES IT HURT? I CAN'T TELL...

Now and then I feel as if my face is splitting into two, leaving my eyes and brain drifting away from the rest of my face. Sometimes it can be seen as painful, however it can be quite peaceful. I feel a bit numb when it happens though and it's odd because this numb feeling is different to what I usually feel... I can't put my finger on it.

Chelsea, 16, Newham

