

**STAND
OUT &
SHOW UP**

Wear yellow this World Mental Health Day, 10 October and show young people they're not alone with their mental health.



#HelloYellow

M&S | YOUNGMINDS

Tuesday 10th October – We are taking part in HelloYellow Day!

Dig out your neon socks, custard scarf and banana hat - let's stand out and show up for young people's mental health.

We can all struggle with how we're feeling, but sometimes things get tough, and it can be difficult to cope. For so many young people, when this happens, they don't get the help they need, when they need it.

No young person should feel alone with their mental health.

But together, we can change this. By wearing yellow on World Mental Health Day (10 October), and donating what you can, you can show young people that you're with them. Show them that they matter and deserve the support they need, when they need it, no matter what.

Join thousands of individuals, schools and communities across the country to stand out and show up for young people's mental health this #HelloYellow.

This small act can make a big difference for millions of young people across the country.

We have set up a JustGiving page, please follow the link:

https://www.justgiving.com/page/yoxall-st-peters-primary-1696417904976?utm_medium=fundraising&utm_content=page%2Fyoxall-st-peters-primary-1696417904976&utm_source=copyLink&utm_campaign=pfp-share

to donate whatever you can for this great cause.