

## PROMOTING POSITIVE MENTAL HEALTH AMONGST YOUNG PEOPLE

I am pleased to introduce the **Mind your Mind Kit: Promoting positive mental health amongst young people.**

Feeling stressed out and down sometimes is a normal part of life for most people. Looking after our mental health is really important to help us through those tough times.

Being a young person today can be hard. There can be conflicting expectations and pressures from friends, parents, carers, even the community to act a certain way, be successful academically and socially or to make particular choices, to name only a few!

The Mind your Mind Kit is one of a number of steps Government is taking to encourage positive mental health amongst young people. The twelve fact sheets have been especially designed to educate young people on mental health issues and offer practical solutions to deal with stress and upsetting emotions. If you are a young person, just remember that there is always someone that can help you.



**Marion Scrymgour**

A handwritten signature in blue ink that reads "Marion Scrymgour".

MARION SCRYMGOUR

