

Our Minds Our Future: our manifesto

ourmindsourfuture.uk/england

Mental health is a human right. Here's our vision for what a rights-respecting mental health system should look like for young adults in England

1) Experts who understand

the unique issues facing young people in today's world.

2) Services made for us

online and in-person, in schools, colleges and unis, and informal settings like youth clubs, drop-ins and text-based support.



We deserve

3) Services made with us

so we're part of decisions being made about our own mental health care and the wider system.

4) Equity, diversity & accessibility

making sure services cater to everyone, accounting for differences and preferences.

5) Help when we need it

avoiding long waiting lists, arbitrary thresholds and cut-offs.



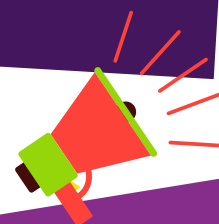
We have a right to

6) Education & training for all

so young people and all professionals working with us understand mental health and where to get help.

7) A 'whole life approach' to mental health

that extends beyond the counsellors office or clinic, to offer individualised support with the economic, social and cultural issues that affect our wellbeing.



We need

OUR MINDS
OUR FUTURE



YOUTH
ACCESS

Championing advice
and counselling