

# Young People's Mental Health



Let's end the stigma

# BRENT YOUNG PEOPLE THRIVE

## Young People

Brent Young People Thrive is for YOU.

- Boost your mental and emotional wellbeing
- Influence services to match your needs
- Become a Wellbeing Champion to end the stigma of mental health.

## Parents/Carers

This is YOUR chance to help our young people.

- Increase your knowledge of signs of mental wellbeing, emotional distress and mental illness
- Help your children and other young people make the right choice at the right time.

**Advice and information to help you**



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bit.ly/BrentYPT



@Brent\_YPT

#BrentCAMHSTransformation

#BrentCAMHS

#BrentLocalOffer

#emotionalwellbeing

#mentalhealth