



Inspiring Young Voices

ARTIVISM

WHAT WE HEARD

Young people said that they are actively using a range of strategies to support their mental health, such as spending time outdoors, engaging in creative activities, taking part in physical activities, and talking about their feelings. They also highlighted the importance of support from others, particularly friends and family. Overall, the responses reflect a good awareness of mental health, with many young people showing that they recognise while difficult feelings can persist, support and coping strategies can help manage them.

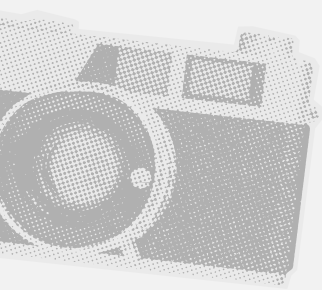
HAVE YOUR SAY

Complete our feedback form here to let us know you've heard what young people have to say and want to make positive change within our communities!

**CLICK THIS
IMAGE OR SCAN
THE QR CODE!**



Activism Feedback Form





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WHAT YOUNG PEOPLE SAID

Relationships and Belonging

- 
- Family members are shown as sources of love, safety, and help.
 - Friends are described as kind, supportive, and understanding
 - Acts of kindness e.g. sharing, helping someone who fell are linked directly to good mental health.

Animals & Pets

- Animals provide comfort, happiness, and emotional support
- Includes real pets, plushies, and imaginary animals



Creativity, Movement, and Play

- Drawing, colouring, crafting, music, dancing, gymnastics, swimming, gaming, and building race tracks help regulate emotions.
- Music is described as calming, motivating, and relatable.
- Movement helps release stress and bring joy.



Mental Health Struggles and Understanding

- Depression, anxiety, OCD, ADHD, trauma, and feeling “out of control” are described honestly.
- Visual symbols (rain, puppets, colours) show how overwhelming these experiences can feel.
- Support isn’t shown as “fixing” everything, but as small things that help: time, patience, warmth, kindness, and understanding.



Nature & Outdoors

- Beaches, sunsets, and the sea
- Forests, gardens, and “being outside”
- Nature is often described as calming and helps with stress or anxiety

