#HelloYellow

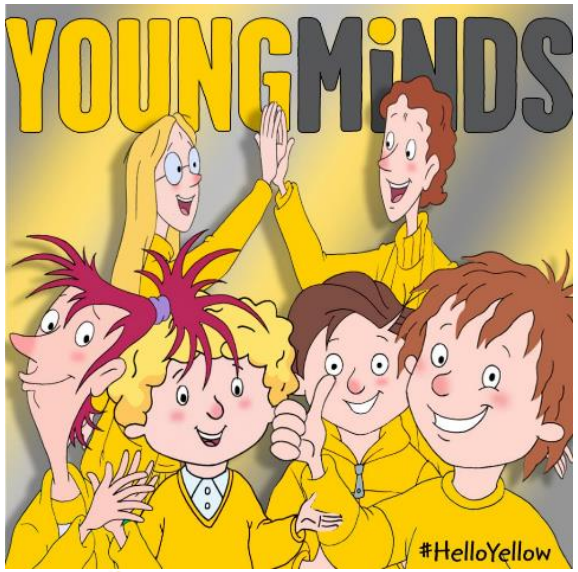
A LITTLE YELLOW GOES A LONG WAY

for young people's mental health

8 October 2021

It's #HelloYellow !

Today we're showing young people that they're not alone and that emotions and feelings are normal.



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YOUNGMiNDS

Why are we wearing yellow?

- It's normal to have ups and downs – and this year might have felt a little more down than up.
- But it's the little things that have got us through it.
- Today let's celebrate the little things we can do to look after ourselves and support each other, and together, we can show young people they're not alone with their mental health.
- The more people show they care, the more comfortable young people will feel about talking to someone if they're struggling.

Wearing yellow today is a little thing we can do to make a big difference.

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Let's Meet Our Emotions!

Can you guess how Riley is feeling?

https://www.youtube.com/watch?v=dOkyKyVFnSs&t=2s

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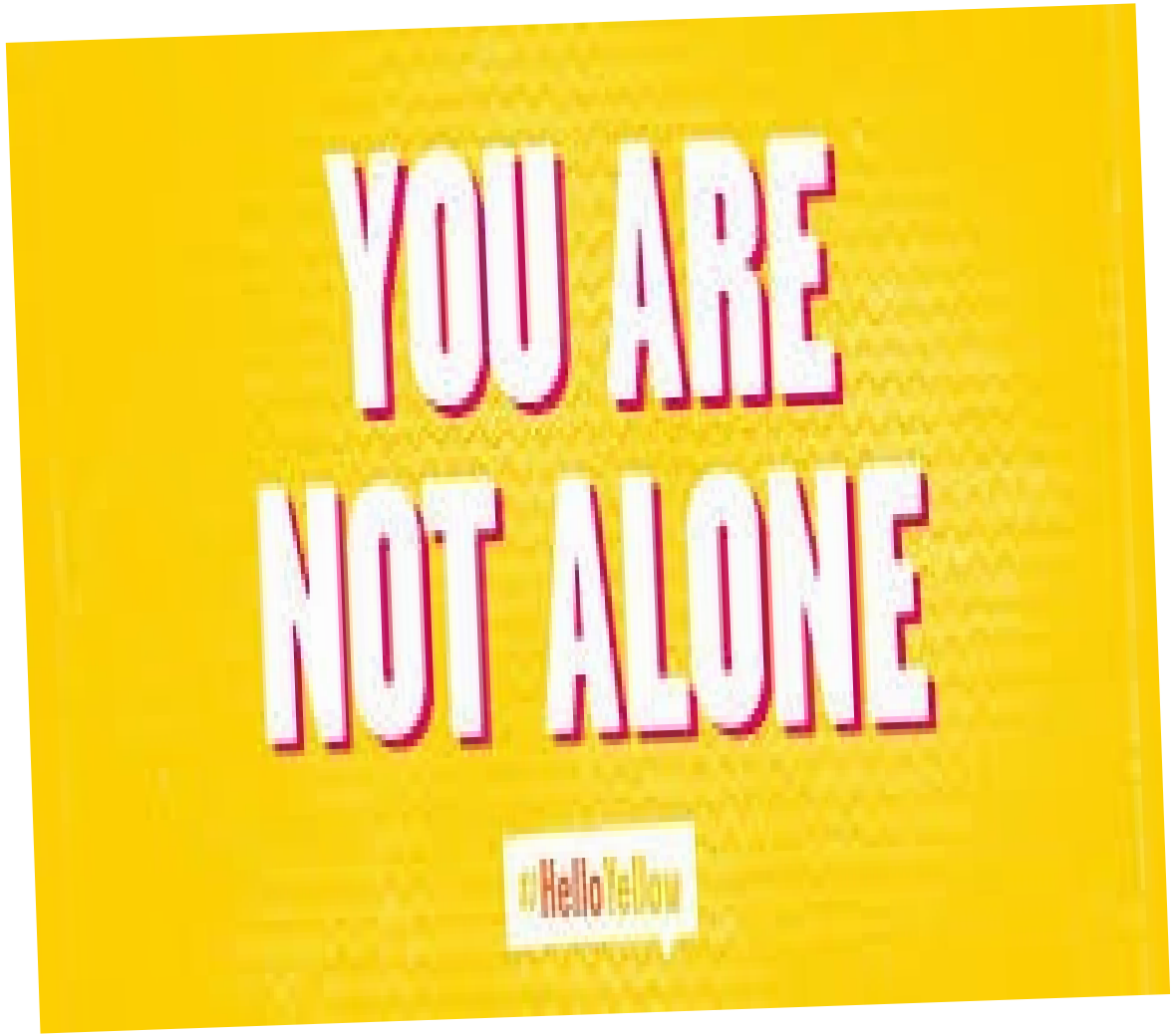

- What qualities make a good friend?
- What can you do if you see a friend who may be struggling?
- Who can you turn to for help?