

Attitudes for a New Generation

Time to Change is a growing movement of people changing how we all think and act about mental health problems. At the heart of the campaign is a truly inspiring group of young people - Time to Change Young Champions aged 16-25 who are campaigning tirelessly to ensure others do not have the same negative experiences they had of feeling isolated and ashamed because of their mental health problems.

The Young Champions draw on their own lived experience to speak out to teachers, young people, parents, local communities, and the media to challenge negative stereotypes about mental health problems. They show that just by [being a good mate](#) who is non-judgemental and supportive, you can make a big difference to someone who is struggling.

From blogging and vlogging, speaking in hundreds of schools, running community events and sharing their experiences with friends and family, the Young Champions are campaigning in innovative ways around the country. One Young Champion Jack recently spoke to Prince William about his journey as a campaigner, another Young Champion Jodie got fifty other Young Champions involved in her blog and many have spoken to news outlets including the BBC, the Metro and on breakfast television shows.

Young Champion James said of his campaigning journey, "I have been lucky to have many conversations over the last year, with friends, members of the public and fellow young champions. The most inspiring chat was with a concerned teacher, they had an infectious passion for ensuring that they were doing everything they could to help their pupils as well as their own children."

"I love getting the opportunity to speak to people from all walks of life, young and old, through campaigning about mental health – it highlights that everyone has a story. If someone isn't affected directly by a mental health problem, they often know someone who does, and providing them with information from Time to Change can help spark meaningful conversations that can improve awareness and even save lives."

"It's as important as ever to be talking about mental health and stamping out stigma and discrimination, and connecting with people is a huge part of that."

As a group, the Young Champions have grown into a community of like-minded individuals who have a much louder and more powerful voice together, demonstrating that the next generation really can have new attitudes to mental health.

Join the Time to Change movement: www.time-to-change.org.uk