

Charities are non-profit organisations that are designed to help others. Mental Health Charities are used to improve others mental health through counselling and fun activities.

There is about 170 thousand charities in the UK and 1 of them is a organisation called Young Minds. Young Minds focuses on Young Peoples Mental Health from ages 0-25.

Once a year Young Minds organise a day in which people wear yellow clothing and talk about each others mental issues and make others smile.



Mental Health is our emotional state and it is very important. Bad Mental Health can lead to physical aches on your body which is why we have to learn how to manage it.

These Mental Wellbeing Charities are in place to help people

that need support and know that they are alone. They support them through counselling therapy and getting them to work on ways that make them feel happy.

We can't get rid of our emotions but we need to learn how to manage them.

OUR MENTAL HEALTH