

# Your Mind Matters:

## Wiltshire Young People's Mental Health Charter

As young people in Wiltshire who use this space we agree to:

1. listen and help each other without judging
2. remember that mental health can affect anyone and everyone should feel able to ask for help if they need it
3. work together, with an open mind, to become 'mental health mentors' and help to support our friends when they are in need

As professionals working with young people in Wiltshire within this space we agree to:

1. undertake good quality mental health training and also to offer training out to young people
2. provide good quality information about where to go, people to talk to and ways to find help
3. talk to every young person clearly, as an individual first and foremost, **NOT** as young person with a problem

Wiltshire Children's Trust Partnership agrees to:

1. work towards improving young people's mental health by regularly reviewing existing mental health services or developing new ones as necessary.
2. find ways of making current mental health services more accessible to more young people.