

# A free programme building resilience in 14-18 year olds



Tools and Resources



Personalised Action Plan



Dedicated Team and Training



**Your  
Resilience**

# Your Resilience

Your Resilience supports young people's mental health resilience.

Your Resilience is a free UK-wide programme which supports young people. It equips 14 to 18 year olds with the tools and knowledge they need to build their resilience, so they can better protect and maintain their mental health through life's transitions.

"I have been diagnosed with anxiety and OCD. I have intrusive thoughts about death. When discharged [from CAMHS] I was referred to these sessions which I have enjoyed. I take notes and remember what has been taught. I am currently attempting to journal and write down thoughts as they happen."

Young Person - CAMHS, Wales

## Our workshops



What is Resilience?



Friendships



Managing Studies



Juggling Time



Exam Stress



Social Pressures



Making Decisions



Low Mood and Depression



Anxiety

Start Your Resilience in your organisation:  
[yourresilience@mentalhealth-uk.org](mailto:yourresilience@mentalhealth-uk.org)

