

Why say #HelloYellow?



3 children in every classroom have a diagnosable mental health condition, and **over 80,000 young people are severely depressed.**

By wearing yellow this Mental Health Day, Tuesday 10th October, we want to show young people that they're not alone when it comes to their mental health.

What can you do?

In the lead up to this year's Mental Health Day we're asking schools, organisations and groups to get ready to say #HelloYellow.

There are loads of ways you can join in to raise awareness of children and young people's mental health and raise vital funds.

People up and down the country will be wearing yellow, learning about mental health and fundraising for YoungMinds.

Register now for your free fundraising pack full of great ideas to help you fundraise and spread the word!

[Sign Up Now](#)

