



## The Mental Shift Mission Statement

# How we intend to make our vision real

The Mental Shift C.I.C. works shoulder-to-shoulder with organisations, charities, and services which share our values and aims. We educate, support, collaborate, and share – all with the aim of making a real change in young people’s mental health.

### 1. Educate

We promise to provide community-focused, effective, and ‘out of the box’ educational workshops, programs, and video content, which will be made easily accessible across all the North of England.

### 2. Support

We promise to develop and provide individually tailored supportive services that provide early intervention measures aimed at those least likely to access support.

### 3. Collaborate

We aim to build strong working relationships with people who share the mutual goal of working to improve health and wellbeing for young people across the UK; this includes public, private, and third sector organisations, as well as individuals and communities.

### 4. Share

We promise to provide a platform for people with lived experience to share their story of struggle, in a bid to inspire, motivate, and educate those who may currently be affected by poor health and wellbeing.