



Sussex Central YMCA and MIND in Brighton & Hove, in partnership with the CYPT are starting an exciting new project **Right Here**. Right Here will promote awareness of young people's resilience and mental well being, and improve local services. The project will be launched on **Monday 28th June**.

The project will work with young people to promote emotional health and wellbeing through a mix of awareness raising campaigns and building individual resilience through peer support and activity programmes.

Through consultation and project development **young people from Brighton & Hove** have worked with the partner organisations to identify how they want to promote mental health and well being.

Right Here will offer **Resilience-building activities** through subsidised access to sports, arts and other recreational activities. Sessions planned for this summer include rambling, rock climbing, self defence, stress management and relaxation, and stand up comedy.

Promotional campaigns will work towards de-stigmatising and promoting mental health and well-being in young people. A multi media campaign will be aimed at places like colleges, GP's surgeries, sports centres and also into the night time economy.

Right Here will develop **Well-being 'scripts'** - non-medical prescription-style leaflets for GP's, Out of Hours Services and A&E staff to hand out to young people as guide to support-services and other ways to stay healthy.

The project will identify **Friendly clinical services** and produce a kite-mark for young people's wellbeing and mental health, with the aim of improving the quality of help available in the city

Young people aged 16-25 are key partners in the Right Here project through the **Youth Panel**. They can get really involved with the project by attending regular meetings to guide the project, decision making, coming up with new ideas for activities, ongoing consultation, mystery shopping, and planning events.

We are really excited to announce the **Right Here Brighton & Hove launch** on **Monday 28th June** between 3 and 6pm in Jubilee Square outside Brighton Jubilee Library. Activities include a mobile climbing tower badge making as well as plenty of information about the project. Watch this space for more information about the launch!

Find us on **Facebook** Right Here Brighton Hove

For more information contact

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Right Here is part of a national pilot scheme by the Paul Hamlyn Foundation and the Mental Health Foundation.

