

MENTAL HEALTH NOTEBOOK



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Mental Health Notes



www.mentalhealthnotebook.org

MEET THE TEAM



Hin Tak Law
Founder



Katelyn Au Yeung
Founder



Delna Khan
Co-founder



Kerensa Lai
Head of Magazine



Harry Sinclair
Head of Council



Julius Chu
Head of Counselling

WHY DID WE CHOOSE TO DO THIS?

Last summer, Hin Tak had to witness one of his family members attempt to commit suicide right in front of his eyes and Katelyn was experiencing mental health illnesses in Hong Kong, where mental health is still really stigmatised. That made them realise how inadequate the education and treatment of mental health of teenagers is managed throughout the world. This prompted them to invite the other team members and start Mental Health Notebook. The past eight months, we have worked as hard as we can for **more than 3600 combined hours, raised more than £10,000, earned 16k+ followers** and are close to being registered as an **official charity / non-profit organisation** in the UK.

WHAT HAVE WE LEARNT?

LEADERSHIP

We've worked with **over 100 volunteers** and had to coordinate with them to make sure they're all happy with what they're doing and helping us make an impact.

PERSEVERANCE

It takes phone calls to more than 100 counsellors for one of them to be willing to provide free counselling and takes a lot of time to email **all 630 MPs** in the country. We've learnt to keep going without giving up even when we want to.

COURAGE

Mental health is still a taboo topic for many, including our parents, so we have had to proceed against the wishes of many. However, we realised what we're doing is very important to the community.

TEAM WORK

We've had our fair share of disagreements between us, but we've always resolved the issue and worked towards the optimal outcome together.

RESILIENCE

Instagram has unfairly placed restrictions on us because of the more taboo topics, like suicide, that we covered on our account. We've had to fight through not being able to post regularly on an account where we accumulated 16k followers and start a new account.

PUBLIC SPEAKING

Giving an interview to national media or calling hundreds of people every day can be very daunting. We've learnt how to overcome those fears.

GLOBAL GOALS ACCOMPLISHED

3 GOOD HEALTH AND WELL-BEING



The main goal of our organisation is to improve the mental health and well-being of teenagers.

4 QUALITY EDUCATION



We not only educate teenagers on topics related to mental health, but also provide free tutoring services so students who have fallen behind or don't have the best education at school won't fall behind.

10 REDUCED INEQUALITIES



We ensure that teenagers' mental health won't be disadvantaged even if they are in a country or school where mental health isn't given necessary attention.



WHO HAVE WE WORKED WITH?

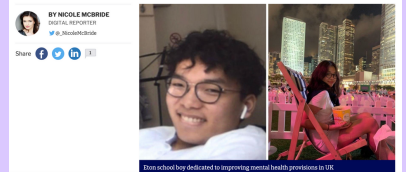
- ✓ Support of **40+ MPs** in the UK, who support us, are working with us and will invite us to Parliament in the future
- ✓ Support of a few headteachers over the country
- ✓ More than **100 volunteers** help us by being tutors, writing and designing our posts, coordinating our school council etc.
- ✓ Organisations such as Number 22 Counselling

MHN IN THE MEDIA



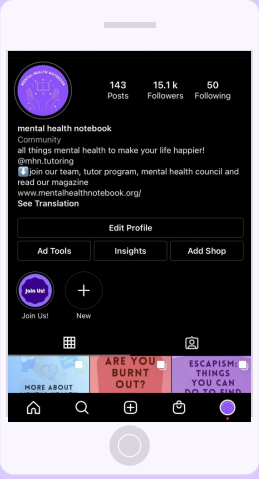
Mental Health platform committed to helping school children

10th March



Future interviews with BBC Radio and SCMP Hong Kong...

PROJECT 1: REMOVING STIGMA OF MENTAL HEALTH THROUGH CONTENT



- Instagram account with **14k+ followers**, more than **200k likes** and reaching more than 10 million teenagers

- Four monthly magazine exploring topics in depth, such as relationships and how to cope with new year expectations

- Podcast where we chat about mental health, talk about our experiences and give some advice for our listeners

- Webinars, where we invite experienced people to speak to our followers about specific topics, such as how to cope with GCSEs or how to deal with bullying

In the future, we will continue doing what we've been doing and hopefully grow our account so we can reach and help more people.

We realised that one of the biggest problems of mental health is the amount of people who still treat it as taboo and treat those with mental health illnesses as 'crazy' people, especially in Asia (which is where most of us are from). Therefore, we decided to post content online to help remove the stigma of mental health, but also educate people and help those who are going through a tough time.

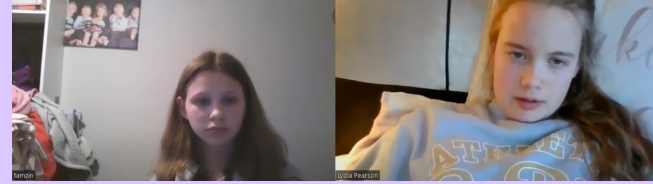
“Instagram dm: “Thank God I found your account and thanks so much for posting about these much-needed topics... I've showed some of them to my parents and has helped all of us a lot!!”

PROJECT 2: HELPING TEENAGERS STRUGGLING WITH SCHOOL

When we thought about how we can help more teenagers, we realised that school stress is a huge cause of mental health struggles. Therefore, we decided to start a tutoring program, called Asterise Tutoring, where older students who have done well in past exams (such as scoring a 9 in GCSEs) to tutor younger students who are doing these exams soon. We also started recruiting university students to provide advice and consultation for secondary school students who are considering the course which the university students are doing. In this way, they can advise them on how to prepare for the degree, how to get into the university etc.

- Around **30 pairs of tutor-tutees** have weekly lessons for a total of **around 1000 hours**
- Around **10 pairs of university student-secondary school student** pair

In the future, we will continue recruiting both tutors and university students so more people can benefit from our scheme.



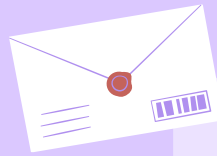
Tamzin (one of our tutees): 'Asterise tutoring has helped me so much with different subjects which I found more difficult before. Thanks to my amazing tutors, I'm now confident when taking exams and about my GCSEs.'

PROJECT 3: MENTAL HEALTH SCHOOL COUNCIL

We realised that the national and school mental health policies are completely inadequate for Gen-Z teenagers (for example, it's not compulsory for schools in England to have a counsellor). We decided to start a school council, where we could discuss the mental health issues that teenagers commonly face together, come up with a questionnaire, produce a report afterwards and speak with MPs and headteachers to make a difference.

- **More than 200 students** from **more than 200 schools** in school council
- **More than 1,000 responses** on questionnaire
- Support of **over 40 MPs** from different parties, who are willing to take our report to **the Parliament** when it's done

In the next few weeks, we will finish up our report from the responses we've got and send it to headteachers around the world and MPs, who will hopefully make a difference for us.



Questionnaire on the mental health of teenagers

All form responses are anonymous.
You must be from the UK to complete this questionnaire.
We only collect form responses for the formal research that we will compile to send to politicians and schools, encouraging them to take action (change policies relating to mental health within school and the UK).

mentalhealthnotebook@gmail.com (not shared)
Switch account

* Required

Munira Wilson MP: I look forward to seeing what the future holds for MHN and hope they can continue keeping up the good work by fostering a positive environment for children and young people to talk about mental health.

PROJECT 4: FREE COUNSELLING PROGRAM

No matter how much we do, it'll still be tough for us to help teenagers who're suffering from illnesses. This is why we decided to start 819 counselling, where we've recruited licensed counsellors around the world to provide free therapy for teenagers who sign up. A lot of them have weekly sessions and their mental health has improved a lot from it.

- **200+ teenagers** on our waiting list
- Around **30 counsellor-teenager pairs** that we've set up
- **50** more to come in the next month

In the future, we hope to find around 30 new counsellors every month. We've also approached trainee counsellors, who have completed their degree but need voluntary hours to obtain their certificate. We've contacted university clubs and should be able to recruit **over 200 new counsellors** via this.



One of the people who have accessed the service: "Thanks so much for pairing me up with my counsellor!! She's helped me through a lot."

FUTURE PROJECTS

We've realised that a lot of schools want to hire a counsellor, but couldn't afford to do so due to a limited budget. Therefore, we decided to start raising money so we can help schools hire a counsellor by paying a third of their salary for the first year. Their average annual salary is around £21,000, so we'll provide them with £7,000. This will hopefully entice them to permanently hire a therapist.

- We've already raised **around £10,000** through MPs, at school and by reaching out to philanthropists.
- We are currently looking for schools who will benefit from this program and are willing to do this.

We're also planning to hold an **international mental health symposium**, where we will be able to present our report and invite a range of people from politicians, teachers, parents, professionals and professors from distinguished universities to discuss how to improve the mental health of teenagers in an all-day event later this year.

HIGHLIGHTS

Hosting the 200-student strong council on Zoom, where everyone chipped in and shared their thoughts on mental health.

There was a time when we had called more than 1,000 counsellors without getting a 'yes'. When we finally got one after a few days, we were so happy and celebrated together with a cake!

Hearing from the first person we paired up with our counsellors, who told us how much it has helped her!

Winning the Social Impact Prize at our school.