

Mental Health Charter Case study September 2017



1. **Project name:** ukactive's charity of the year - A partnership between ukactive and the young people's charity The Mix
2. **Organisation name:** ukactive and The Mix
3. **Target group:** Young people under the age of 25 who have been diagnosed with a mental health problem
4. **Aim of project:** To harness the power of physical activity to support young people with mental health problems through a range of new research, health referral and signposting initiatives.

5. Project overview

This is a partnership between not-for-profit health body ukactive and the young people's charity The Mix, which has been chosen by ukactive as its charity partner of the year. The Mix is a digital national charity which provides information and support to young people aged under 25 on a variety of issues including money, relationships, jobs and mental health.

The Mix offers a 'multi-channel service' including a helpline, email, a one-to-one messaging service, an online community led support service and telephone counselling. They also provide online content for young people to access, such as blogs, information on different subjects relevant to young people. Young people self-refer to The Mix and choose how they access the support they need.

Together, the organisations aim to tackle the rise in mental health issues among under 25s by getting young people moving more. Both partners will combine their expertise to collaborate on issues including:

- Academic research into effective youth interventions
- Sharing and mobilising information, tools and resources for projects such as:
 - A physical activity referral scheme for young people
 - Activity pilot schemes in schools for pupils at high risk of mental health problems
 - The creation of new e-learning and signposting tools to help young people access physical activity offerings in their area
- The Mix and ukactive's strategic partnership team will collaborate around the #fitness2me campaign (a social media campaign around National Fitness Day that aims to celebrate



