



young people's programmes

impact report

2024/25

about us

Change Mental Health is a national mental health charity providing non-clinical, person-centred and transformational support to communities across Scotland. Being on the go for over 50 years, it continues to ensure that people have access to the support they need, when they need it and in a way which works best for them.

Throughout 2024/25, Change Mental Health supported **over 10,500 people** across Scotland. Beyond this, the vision is to build a future where no one faces mental illness alone.

programmes

Our Young People's Programmes are rooted in early intervention mental health education. In partnership with Mental Health UK, we launched Bloom in 2019, providing evidence-based mental health training and workshops in schools through our innovative co-delivery model, which was based on how young people and teachers told us they wanted to be supported.

We have now grown, and deliver four Scotland-wide programmes, in schools, colleges, youth centres and community settings, each designed around a common purpose: **equipping young people and the adults in their lives with the knowledge, tools and confidence to understand and manage their mental health, both now and in the future.**

Bloom

Delivered in schools and colleges, we work with educators to support and train them to feel confident in supporting their pupils with their mental health, so they can continue the legacy of the programme.

Your Resilience

Delivered in community settings, we work closely with youth workers and young people to co-deliver a resilience-building programme that meets the needs of young people and the groups we work with.

Me & Money

Delivered over four sessions, helping young people explore their behaviour around money, form an understanding of the interconnection between money and mental health, and implement useful tools related to money.

Your Resilience for Parents & Carers

Delivered over four sessions, giving parents and carers a greater understanding of resilience and how to build it themselves and in their children, covering topics such as coping with stress and managing your own wellbeing.

2025 marked an important step forward in how we deliver our Bloom and Your Resilience programmes.

We moved to an updated delivery model that is more young-person-led, ensuring that the voices and priorities of young people are central to our work. Through co-production, we have amended our approach to better reflect what young people say they need. By working with young people, educators and youth workers, we have strengthened the relevance, accessibility and impact of our programmes.

Together, these programmes reflect our commitment to early intervention and prevention when reaching young people across Scotland, including those from underserved communities who are disproportionately affected by mental health challenges, and ensuring they have access to preventative support before difficulties escalate.

the need

The current landscape of children's mental health in Scotland remains concerning. The most recent data shows that one in four young people experience mental health challenges every week, and nearly one in ten children and young people aged 5 to 16 are living with a clinically diagnosable mental illness without support¹.

The social context in which a child grows up in has major impacts on their mental health and wellbeing, both in their childhood and later life. Children in the most deprived households are around twice as likely than those in least deprived to experience social, emotional or behavioural difficulties². Moreover, young people in deprived communities often face multiple and compounding pressures, including financial insecurity, housing instability and reduced access to local services, which increase the risk of poor mental health while also limiting access to early support³.

These patterns have important implications for both policy and practice. Demand for services that support mental health and wellbeing is high, particularly in deprived areas, placing significant strain on CAMHS. In June 2025, 4,385 young people were on a waiting list, highlighting the urgent need to ease service pressure and provide targeted support⁴.

1 Children and young people's mental health in Scotland. Human Development Scotland <https://www.hds.scot/news/children-and-young-peoples-mental-health-in-scotland> (2025).

2 Scottish Government. Attainment Scotland Fund Evaluation: Reporting on Wider Evidence Sources, 2024. <https://www.gov.scot/publications/attainment-scotland-fund-evaluation-reporting-wider-evidence-sources-2024/pages/7/>.

3 Mowat, J. G. Exploring the impact of social inequality and poverty on the mental health and wellbeing and attainment of children and young people in Scotland. *Improv. Sch.* 22, 204–223 (2019).

4 Child and Adolescent Mental Health Services (CAMHS) waiting times - Quarter ending June 2025 - Child and Adolescent Mental Health Services (CAMHS) waiting times - Publications - Public Health Scotland.

In response, we are committed to delivering early, preventative mental health support, ensuring young people receive the right help, in the right place, at the right time. Our programmes prioritise early intervention and prevention, reflecting evidence that proactive support has more sustained impact than **reactive approaches**. By improving mental health literacy and upskilling teachers, youth workers and community leaders, we aim to equip trusted adults to recognise early signs of distress and respond appropriately. This community-based approach helps extend the reach of support, particularly in underserved areas, and contributes to a more preventative system overall.

While our programmes cannot address structural inequalities alone, they play an important role in reducing their impact. Our programmes ensure more young people grow up resilient, supported, and able to thrive despite the challenges they may face.

people we support

Young People

We help young people build resilience, understand their mental health and feel confident through practical, engaging workshops that create safe space for discussion and provide tools they can use every day.

Teachers and youth workers

We train staff, giving them the resources and confidence to deliver our programmes, have meaningful mental health discussions and strengthen whole school and community approaches to supporting young people's wellbeing.

Parent/Carers

We support parents and carers to understand resilience and how to build it in their children. We give practical tools to manage stress and support them having conversations about mental health.

Local Authorities

We work with local authorities to deliver early intervention programmes that meet local priorities, reduce pressure on services and ensure young people access timely, effective mental health support.

Our new model – Putting young people’s voices first

This year we moved to our new model, which gives the young people we work with more agency over the programme and allows them to select the topics, compared to our previous model where adults chose for them. This has meant we have had greater engagement in our sessions, and has allowed us to tailor our training to meet the needs of the organisations we are partnering with.

Week 1: Get to know me session

An insight-gathering session with staff and young people to understand your unique context. The trainer, young people and staff work together to choose up to 4 of our workshops which best meet their needs.

Weeks 3-6

Co-delivery of a series of topics to groups of young people, delivered collaboratively by the trained organisation staff and our Trainer.

Week 2

Our trainers train designated staff in a 3-hour long tailored training session, covering an overview of mental health and resilience, develop an understanding of the programme and its concepts, content and materials, and a detailed plan for moving forward.

Legacy

Continued delivery by trained staff. Our Engagement Officer will continue to provide regular support and will keep in touch to assess impact, troubleshoot and discuss any emerging ongoing needs.

"I work on resilience, anxiety, stress and mental health with pupils every day and it is very much the main component of my role. The Bloom training was valuable as it provides a new framework to use with the wider school and provides opportunities for pupils to have control over the content which they would find most helpful."

Pupil Wellbeing Worker, Aberdeenshire

"The training was very flexible when working in a school can be very unpredictable. It was very informative and friendly with lots of time for discussion. There was an emphasis on understanding our school context which will be vital when delivering the sessions!"

Teacher, Wester Hailes High School, Edinburgh

young people's programmes

impact report



reach

Our impact at a glance

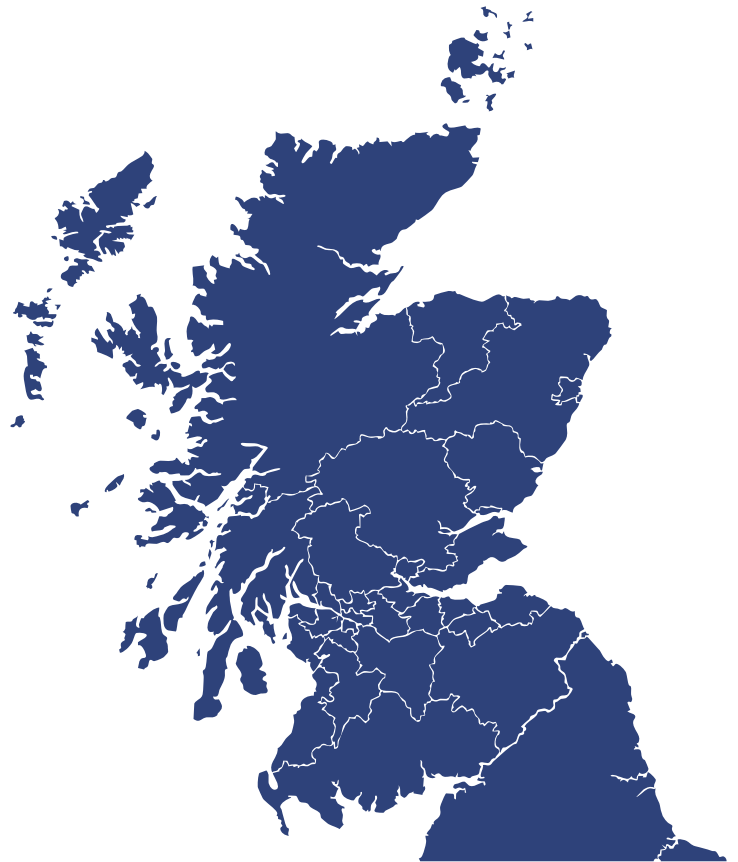
In 2025, our Young People's Programmes saw significant growth across school, community and financial wellbeing settings. Across all programmes, **832** young people and staff shared feedback via a survey.

131
workshops
delivered

32 partner
organisations
worked with

88 staff
trained

1,510 young
people
engaged
across
Scotland



“Winning Silver at the Scottish Mental Health & Wellbeing Education Awards for our programmes is a tremendous achievement, a testament to the passion and dedication of our team and the partners we work with. It shows that our work is not only being recognised, but truly making a difference to the lives of young people.”

Hannah Dibnah, Young People's Programmes
Service Manager

Click on the map
to see where we
have delivered our
programmes across
Scotland!

by programme

Bloom (Schools)

Bloom continues to support schools in strengthening their whole school approach by equipping both pupils and staff with shared language, tools and confidence around mental health and resilience.

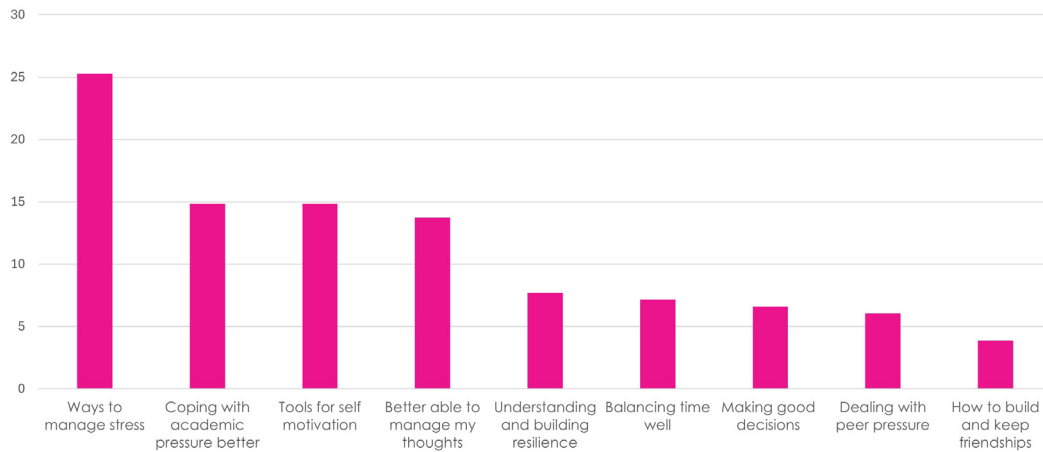
36
teachers
trained

475 young
people
reached

33
workshops
delivered

- **93%** felt better able to support others with their mental health after attending a workshop.
- **92%** believed they could use tools learned in a workshop in their daily lives.
- Understanding of how to look after their own mental health rose from 46% at baseline to **86%** post programme.
- **71%** had a stronger understanding of what impacts resilience.
- **96%** liked the workshop content.

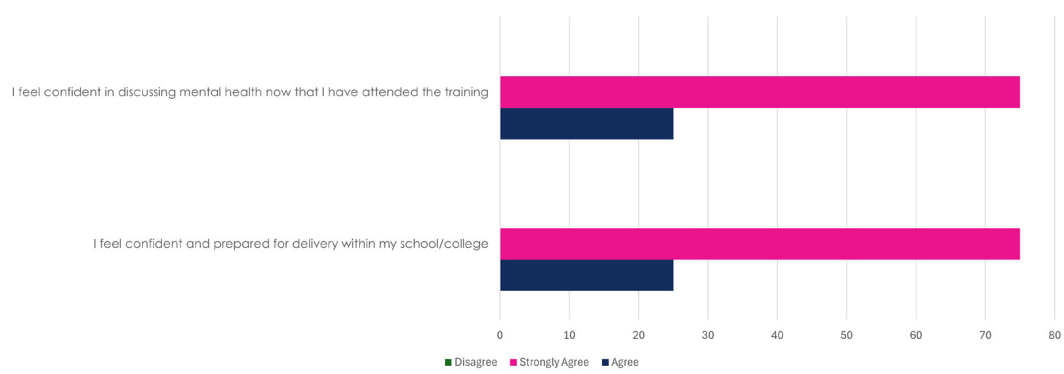
What was the most valuable lesson you learnt today?



The data shows strong improvement in stress management, coping skills understanding resilience and self- motivation. High satisfaction levels underline Bloom’s relevance and accessibility, affirming the value of mental health education in schools.

Teacher feedback reinforces this impact, with **100%** of teachers feeling confident in delivering the programme and discussing mental health and resilience after attending the training.

Teacher confidence levels



“This training reinforced for me the importance of a whole school approach around supporting mental health for staff and students alike, supporting people to talk openly about mental health as well as sharing with them a toolkit of strategies that will equip them throughout their lives.”

Pupil Wellbeing Worker, Aberdeenshire

case study

Bloom Lite Exam Stress at Craigmount High School

S6 pupils from Craigmount High School in Edinburgh took part in Exam Stress Bloom Lite sessions. 21 out of 34 had felt exam stress within the past week. The workshop blends neuroscience, managing unhelpful thinking patterns and creating personalised stress management plans.



100% liked the workshop content

100% said they could use the tools in their own lives

95% better understood resilience

90% felt more confident supporting others

This demonstrates how our Bloom Lite's flexible approach is meeting real needs within school settings, especially when sessions align directly with key stress points in young people's lives.

“Having worked positively with Bloom before, we jumped at the chance to get them involved in our curriculum again. This term they delivered sessions to our S6 cohort regarding exam stress. The timing of this has been perfect with pupils about to embark on their final SQA exams and the workshops highlighted key messages about exams and stress, while equipping and reminding pupils of strategies to help them manage their stresses, throughout this time.”

Pupil Support Teacher, Craigmount High School

Your Resilience (Community Youth Settings)

For the first time since launching Your Resilience, last year we saw more sessions delivered in community settings than Bloom sessions in schools. This shift reflects growing demand for flexible, youth led support in spaces where young people feel safe, attend by choice and work in smaller, more informal groups.

We will continue investing in youth centre delivery while exploring how to bring youth work informed approaches into schools, including smaller groups and more creative, discussion led sessions.

52 youth workers engaged

141 young people reached

53 workshops delivered

- Understanding of resilience **increased** from 67% to 89%.
- 68% of young people 'felt resilient' post-programme, a **30% increase** from 37% in the baseline.
- **84%** rated the trainer as good or excellent.
- **100%** said the sessions matched or exceeded expectations (with 55% saying "better than expected").
- **100%** of staff would recommend the programme.

"Good to get an overview about what the workshops involve and the different kinds of interactive activities and discussions. Great to see that all strategies presented are evidence based, and that there are a mix of different ways for young people to engage."

Youth Worker, National Autistic Society, after completing the Your Resilience training

case study

Building Confidence at Upstream Youth Counselling

This partnership in East Glasgow demonstrates Your Resilience’s strong outcomes in youth-led, community environments. Debbie, the group leader, was looking for a resource that could bring more focus and structure to her group sessions, and Your Resilience was the perfect fit. Five young people attended regularly, selecting the resilience, anxiety, low mood and friendships workshops. The small group size and co-facilitation model led to open, honest discussions and strong engagement.



Understanding of resilience increased from 68% to **90%**

70% rated the discussions as good or excellent

85% felt more confident maintaining positive relationships

This mirrors our broader impact data showing that community settings produce deeper engagement, due to choice-based attendance, trusted relationships and flexible delivery. The mixed success of certain materials (e.g., the Black Dog metaphor or workbook tasks not always landing) also supports our commitment to continually co-design and adapt our content with young people.

“I enjoyed delivering with Upstream, the group was small, but allowed relationships and friendships to develop quickly, with many opening up and sharing their own experiences and struggles with mental health . It was amazing to see the confidence and engagement grow over the sessions, and to hear the experiences of the participants!”

Rubi
Training Associate

Me & Money

This year we saw a huge demand for Me & Money, our financial wellbeing programme - especially in schools, with almost 900 young people taking part. The programme continues to meet a critical need as money worries and the cost of living crisis increasingly impact young people's wellbeing.

894 young
people
reached

45
workshops
delivered

- **71%** felt the workshops supported them with money worries.
- **77%** felt what they learned would support their mental health.
- **88%** better understood how attitudes to money shape thoughts and behaviours.
- **81%** felt more comfortable talking to a trusted person about money.

“I think that this workshop can really help people learn how to deal with money - no matter how much they have. This can also help us in the future with dealing with money in the real world.”

16 year old, Clyde Valley High School

new developments

Your Resilience for Parents and Carers

Last year, we also expanded our reach beyond young people and the adults that work with them to support the adults who care for them. In partnership with CAMHS Tayside, we developed Your Resilience for Parents and Carers, a four session programme designed for parents and carers of young people aged 13 -18.

This new strand addresses a gap in mental health education for families. Research from [Planet Youth Highland](#) shows mental health, stress and anxiety are the top concerns for parents, while [Children in Scotland's Suffering in Silence](#) report highlights a lack of support for adults trying to help young people with their mental health. Your Resilience for Parents and Carers responds directly to these findings by giving parents practical tools, relatable scenarios and strategies to use at home.

100% felt more confident understanding resilience

Confidence in personal resilience increased to **89%**

Confidence supporting their child's wellbeing rose from 46% to **88%**

Confidence discussing mental health with their child rose from 58% to **93%**

Parents enjoyed the peer support element of the programme and told us the session helped them better understand resilience and feel more equipped to support their children through challenges.

"It's been very useful to hear other parents experiences and this last week my daughter has opened up more to me."
- Parent, Holyrood High school, Glasgow, after completing the programme.

Bloom Enterprise

We are launching a new opportunity for young people to take the lead in bringing the Bloom programme to their school.

We will support them to take ownership of the fundraising process, providing:

- Fundraising ideas tailored to schools
- Templates and guides to get started
- Ongoing help from our Engagement team

Taking part in Bloom Enterprise helps young people build:

- Leadership skills: take initiative and motivate peers
- Communication and Teamwork: plan and deliver events as a group
- Financial literacy: manage budgets and donations
- Confidence: develop pride and belief in making a difference in their schools

If you would like to set up Bloom Enterprise at your school, get in touch with us at youngpeople@changemh.org.

New Me & Money workshops

This year we also expanded our Me & Money programme by developing two new workshops, co-produced with young people and delivered in partnership with **Money Ready**. These new sessions, Debt & Mental Health and Navigating Digital Finance, were created in direct response to what young people told us they need most.

The workshops explore the emotional side of money, debt and spending, including anxiety, comparison culture and digital spending pressures, alongside practical tools to help young people make informed choices and avoid early financial difficulties. With these additions, Me & Money has grown into a more comprehensive and inclusive offer for schools and community groups, reflecting real challenges young people face today.

Interested in funding our programmes?

Your support will enable us to deliver our impactful mental health and wellbeing programmes in schools and community settings across Scotland.

Funding can ensure that more young people have access to the tools and knowledge to understand and manage their mental health, and the adults in their lives have the confidence and skills to empower them.

There are a range of opportunities to get involved, from funding a one-off session in a local school to sponsoring multiple programme deliveries across your community.

A donation of:

£100

could fund a Bloom Exam Stress workshop in a school, to support pupils before exam season.

£300

could train a team of teachers to better support the young people they work with, enabling them to build their confidence around having conversations about mental health and use resilience-based resources effectively.

£1500

could fund a full 6-week co-delivery in a youth centre, supporting a group of young people to learn more about resilience, how to build it and how to apply coping strategies to difficult situations in their lives.

If you would like to find out more about partnership opportunities, discuss specific areas of need, or explore how your funding could support young people near you, we would love to hear from you.

Contact us at youngpeople@changemh.org to start the conversation.

Resilience supports our mental health

- Our mental health exists on a scale and having resilience tools can help us keep it towards the green end
- What is mental health?



Thank you to all of the schools, youth centres, young people, teachers and youth workers who took part in our programmes and shared their experiences.

Want to find out more?

Learn more about our Young People's Programmes:
www.changemh.org/young-people

Interested in bringing our programmes to your organisation?

Contact youngpeople@changemh.org

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