

Get Paid. Get Heard. Make a Difference.

Rethink
Mental
Illness.

Created and delivered with young people, Step Up: Schools & Colleges is both a preventative and supportive project for 15 to 19's affected by mental illness.

Sign up
TODAY!

We're recruiting young people aka Young Experts aged 16- 19, to help us create resources and workshops, that we'll deliver across London next year.

We are very keen to hear from young men and Black, Asian and minority ethnic (BAME) young people.

Email stepup@rethink.org for any questions you have or Visit rethink.org/stepup to sign up today!



"Joining Step Up helped me realise that the male and Black, Asian and Minority Ethnic perspective was much needed in the mental health conversation."

- Ken