

# Vote for your next Member of Youth Parliament Candidate!

## EMPOWERING MINDS: prioritizing mental health for all

### I'm Rosemary and I'm standing for Somerset Youth Parliament Elections.

I am driven by a deep passion for mental health awareness. I'm truly inspired by Florence Nightingale who demonstrated commitment to caring for others. I am running to ensure that every young person has access to the support the need. I believe vulnerability is a strength, not a weakness, and my mission is to foster a community where no youth struggles in isolation.

#### WHY AM I THE RIGHT REPRESENTATIVE?

- Diligent and approachable: I am committed to helping you feel seen, heard and understood. I'm always willing to learn as I sincerely want to make a difference in our community
- Proven advocate: devoted passion for mental advocacy
- Collaborative: Ready to work with local leaders and young people to deliver results.



#### IF YOU WOULD LIKE TO VOTE FOR ME

You can vote by filling in the form at [www.somersetyouthparliament.org.uk/elections](http://www.somersetyouthparliament.org.uk/elections) between **Monday 17 November** and **Monday 15 December**.

# My Campaign Manifesto

## I want to stand because I believe that...

- **Mental health is health not a privilege:** I believe that regardless of our age, gender, and background deserves immediate and high quality support.
- **Connection is the best form of prevention:** Isolation and loneliness are the backbone of mental distress. For instance, fun activities like dodgeball or laughter yoga can create a sense of belonging which can impede the spikes of depression.
- **You deserve access quality to mental support:** I oblige to ensuring the youth voices are always at the heart of every decision making.

**Change needs to start with us!**

# WHY VOTE FOR ME?

## I will...

- **Voice and influence:** I will research and use student that to influence local authorities and secure faster mental health resources.
- **Launch the 'Connection hub' network:** Establish frequent, safe, out-of-school discussion group to combat isolation and build peer to peer support
- **De-stress through play:** Integrate non competitive games (like Dodgeball or Jenga question) to provide healthy breaks from academic pressure.
- **Shatter the stigma:** Develop and deliver peer-led awareness workshop and actively work with college to dismantle the silence and isolation young people face.