

Vote for your next Member of Youth Parliament Candidate!

Mental health and safety

I'm William and I'm standing for Somerset Youth Parliament Elections.

A fun fact about me is that I love to paint! I was born in, live in, and go to school in Somerset, and I care about my county a lot! really like history and science, and I hope to be a lawyer when I grow up, so that I can help people get fair treatment and try to make sure that everyone is equal! I also want to try and improve mental health in Somerset if I am elected, as it is something that I care about a lot.

IF YOU WOULD LIKE TO VOTE FOR ME

You can register to vote by contacting Kate.darlington@somerset.gov.uk or vote in school or college between **17 November and 15 December**. Schools/ colleges will be sent resources and ideas on how they can run student voting!



My Campaign Manifesto

I want to stand because I believe that...

- 1** Mental health is very important!
- 2** Nobody should have to deal with mental health issues alone!
- 3** Everyone deserves the help that they need!
- 4** I want to help people!
- 5** I want everyone in Somerset to feel safe!

Why vote for me?

I will...

- 1 Create a survey to find out what experiences young people have had with mental health and how it affects them, and promote services/organisations that can help
- 2 Promote more at-home activities that help with mental health, such as reading, meditating, and listening to music
- 3 Research and network with services and organisations that can help and promote these through social media, posters and on the Youth Parliament website
- 4 Raise awareness of issues of mental health for young people and promote equality and respect in schools
- 5 Hold meetings in school and work with teachers to create a session plan or workshop where students can have their say, including the use of suggestion boxes and assemblies