



BECKY LAWLEY

AGE: 19 years old FROM: England

TOP FIVE CHARACTER VALUES: RESILIENCE, PERSEVERANCE & DETERMINATION | CONFIDENCE | HUMILITY / MODESTY | TRUST

“Living with social anxiety, I know how vital it is that young people can talk about their feelings and emotions and are supported to do this, and I will continue to work tirelessly to make sure this happens”

Living with social anxiety inspired me to take part in social action to help other young people who are affected by mental health conditions and to help them to express their feelings.

Working with Fixers UK and Dudley Young Health Champions, I have used my creative skills to form a social action campaign that I hope will help others to explore their feelings and emotions. I have created artwork around how I interpret different emotions and printed this on postcards that can work as a prompt to help young people discuss their emotions in a more creative and understanding way.

Working with a professional producer I have also co-written and directed a short film about my own experience. I know that getting the right support at the right time is so important to helping young people with mental health conditions and this is why I am so proud that my postcards and film have formed a resource pack for teachers, youth

workers and other professionals who work with young people so they can help them to talk more openly about mental health and their feelings in different settings such as the classroom.

At the launch of my campaign it was fantastic to see 80 audience members take away a resource pack as this means my work will have the impact I intend. I am extremely proud to have been nominated for a Health Champions Award, which is a national award, in recognition of the impact of my work and dedication to improving the health and social care of people in my community.

