

NAOMI LEA

Organisations I've Participated With

Fixers, NSPCC, 7 Cups of Tea, The Well Minds Project, Time To Change Wales, YoungMinds



Name: Naomi Lea

Age: 18

Where I Live: Henllan, Denbighshire, Wales

"Social action has really turned my life around. It has given me a chance to have my voice heard."

Social action has always been a part of my life. When I was 6, I followed my Mum's lead in fundraising for my primary school's PTA - I wanted to give back what the school had given to me. Now, not a day goes by where I'm not taking part in some form of social action.

It's not always been easy for me, as I used to struggle with low confidence, anxiety and panic attacks, so I found communicating with others difficult. However, with the help of Fixers, I was able to start my own mental health project to help other people with mental health problems. Alongside continuing to volunteer for organisations such as the NSPCC, I've delivered workshops in schools and done media interviews to share my experiences with others. My mental health project video gained a massive 30,000 views on Facebook over a few days! It was amazing to receive messages informing me that I had helped people feel less alone.

As a result of my work, at the age of just 18 I have been given a six month voluntary position as the Executive Officer of a new mental health social action project. I've gained more than I could ever express in words through social action, and I'm continuing to gain more and more each day.

CHARACTER VIRTUES

I'VE DEVELOPED THROUGH PARTICIPATION IN SOCIAL ACTION

Resilience, Perseverance & Determination | Confidence | Empathy | Leadership | Hope/Optimism

#iwill

... show the positive impact that youth social action can have on mental health and self-confidence.