

SARAH SHAIKH

Name: Sarah Shaikh

Age: 14

Where I Live: Surrey



“Being a peer mentor has given me so much confidence and pride in helping other young people across the world.”

MY SOCIAL ACTION JOURNEY

I first learnt about how awful depression is for people of all ages when I read the Harry Potter books. I'd heard that J. K. Rowling created the 'Dementor' characters to represent depression and how when she was depressed she felt like all the happiness was being sucked away. Her stories made me want to help people suffering from mental health problems in any way possible.

So, I trained to be a MindFull (MF) mentor in school when I was 13 and trained to be a BeatBullying (BB) mentor after I turned 14. With the help of MF the other mentors at my

school and I planned a fun fair to teach younger students about mental health and the MF support offered in school and online.

I really enjoy mentoring and have benefited a lot during my experience on the MF and BB sites. I hope to continue the good work and to raise the profile of mental health problems and how one, or just a few, positive thoughts or memories could help you to overcome an illness such as depression.

KEY CHARACTER QUALITIES AND VIRTUES

Hope | Compassion

The adult who has most inspired me to get involved in social action is ...

J. K. Rowling.

MY SOCIAL ACTION PLEDGE

#iwill work towards raising awareness of mental health issues and bullying by spreading the word about services available to help young people, and hopefully remove the stigma of mental illness.