



ATLANTA MONTAGUE

AGE: 18 years old FROM: England - North West

“Social action is incredibly important because you’re not just creating a platform for yourself, but for all young people, including those who don’t have a voice.”

When I was 14, I saw an inspiring video at school about voting for Members of Youth Parliament. I’d always been passionate about mental health and youth voice, but thought that only older people could get involved in politics and democracy.

Afterwards, I got more information about Trafford Youth Cabinet and attended one of their meetings. My social action took off from there.

I became involved in the National Citizen Service (NCS) Regional Youth Board and attended Kickstart, a five-day residential about social action, youth voice and bringing about change.

Our group came up with a plan for an Action Day with a focus on mental health and wellbeing. Working with the charity YoungMinds, we put a mirror in central Manchester and asked members of the public to write positive messages on Post-It notes and stick them on the mirror. It was great to see people sharing messages of hope and optimism on the city streets.

I’ve recently been nominated to be on the NCS legacy programme and will act as a graduate mentor on the NCS summer programme too.

Mental health is something I’m hugely passionate about, so I couldn’t turn down the opportunity to become a mental health advocate for Youth Mental Health Matters. I attend their annual conference, help out at workshops and engage with schools and professionals that have gone to the event.

Recently I wrote a blog for Mental Health Awareness Week, I wanted to share my experience with others and let them know they’re not alone in their battle.

I’ve also worked with Plan International on their campaign against street harassment and their Menstrual Hygiene Day event.

I love how social action creates a chain reaction. It starts with a conversation and you never know where it’s going to lead.



ORGANISATIONS I’VE WORKED WITH

NATIONAL CITIZEN SERVICE, PLAN INTERNATIONAL UK, YOUTH MENTAL HEALTH MATTERS, TRAFFORD YOUTH CABINET, YOUNGMINDS UK

CHARACTER STRENGTHS

LEADERSHIP, RESILIENCE, PERSEVERANCE AND DETERMINATION, COOPERATION, EMPATHY, COMMUNITY AWARENESS

