



EVIE (EVELYN) BASCH

AGE: 20 years old FROM: England - South West

“My social action projects are the reason why I get out of bed every day. They give me hope for the future.”

Throughout my life, it's been really difficult for me to access and engage with mental health services. I've experienced manipulation and misinformation, and often haven't been taken seriously.

One of the first social action groups I got involved with is The Mentality Project.

It's run by young volunteers aged 13-21 who've lived through mental health problems or are interested in campaigning for change. Together, we've worked on campaigns, including one about informing young people about their mental health rights, as well training professionals, creating resources and writing policies. It's been an incredible way to turn my negative experiences into positive change.

I'm also involved in several other social action projects that help make young people's voices heard. I'm a member of the NHS Youth Forum, a Rights Advocate for Make Our Rights

a Reality and am part of the Young Advisory Group for The Health Foundation / Leaders Unlocked.

The overall impact of my work is creating services that are easier for young people to navigate and use.

The work that I, and many other young people, do goes towards to shape future services and create a healthcare system where young people are listened to and given the treatment they deserve.

Looking ahead, I'm setting up a Bristol branch of the Make Our Rights a Reality campaign and hope to attend Campaign Bootcamp to learn more about leadership and facilitation.

I've gained an incredible amount of confidence and self-worth through social action. But there's no question that the best part is getting together with others and seeing change happen as a consequence of our actions.



ORGANISATIONS I'VE WORKED WITH

OFF THE RECORD, MAKE OUR RIGHTS A REALITY (YOUTH ACCESS), NHS YOUTH FORUM, LEADERS UNLOCKED, THE HEALTH FOUNDATION, THE MENTAL HEALTH FOUNDATION, PAPER ARTS

CHARACTER STRENGTHS

LEADERSHIP, CONFIDENCE, COMMUNICATION, EMPATHY, COMMUNITY AWARENESS

