

## Public Health February 2026

### Opening

MindMate Ambassadors – engagement from September 2025 to February 2026. 6 young people with additional engagement with Hope (who had original idea).

### Obligation



### Opportunity

- Hope, a MindMate Ambassador, shared her self-care idea of a 'Survival Toolkit' in MindMate social media posts.
- We worked with the whole MM Ambassador team to develop this further into a physical resource and leaflet aimed at people who do group work activity with young people. Ambassadors gave feedback throughout the process in producing the resource.



### Outcome

- Public Health funded the production of 4 interactive toolkit resource kits for people to borrow.
- Also funded production of a leaflet explaining how to produce your own toolkit.
- Created new page on MindMate for the campaign [Survival Toolkit - MindMate](#)
- Linked to wish 1 as also signposts young people to mental health support services.