

UPF UK: You Matter - Mental Health Awareness for Young Adults

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November 29, 2025



Behind the Fine Smile - Why It's OK Not to Be OK

Friday, 12 December

17:30

43 Lancaster Gate, London, W2 3NA

Register: square.link/u/qgKsi0PU

Join us for the launch of our first monthly workshop - a safe and supportive space to talk, heal, and grow together.

Why come?

- Share experiences in a judgment-free space
- Connect with others and learn from each other
- Support and help each other through challenges
- Discover self-care tips and coping strategies

Did you know?

1 in 5 young people (8 - 25) in England struggle with mental health difficulties

Ages 20 - 25: 30.4% of young women vs 13.4% of young men have a probable mental disorder (Digital NHS)

Your Feelings Matter. Your Story Matters. YOU Matter.

Let's share, learn, and support each other - because together, we can grow stronger.

Come, be part of the conversation, and remember it's okay not to be okay.

Universal Peace Federation UK

#YouMatter #ItsOkNotToBeOk #BehindTheFineSmile #YouthMentalHealth #YoungAdultsWellbeing

#AnxietySupport #StressRelief #MentalHealthUK #WellbeingLondon #EndTheStigma