Hello there! I'm Kacper!

As a young person I have realised that mental health has a severe impact on us young people, whether it may be depression, anxiety, stress, or even just bad days. Mental health is something that has been looked over, or ignored, for a long time and this can affect young people in very serious way, and therefore, I have applied to become the mental health and communication deputy president at our college, in order to bring awareness and change.

If I am elected, my top 3 priorities will be:

- Ensuring students have a safe space to talk, regardless of who they are and their background.
- Beginning (and supporting already existing) events focusing on mental health
- Campaigning for more support in young peoples' mental health

So, how will this happen?

Being a young person, I have realised, when talking about emotions, thoughts, or even how our day went, we often get brushed off by other people, judged, and even ridiculed sometimes, therefore, I want to ensure students have a safe space, non-judgement and ridicule-free, by communicating with students, finding out what spaces feel stress-free, perhaps encouraging clubs for people with similar interests to connect, and talk, alongside raising awareness through talks about the consequences a person may experience when being openly judged or ridiculed.

Beginning (and supporting) events based on mental health can help people communicate, most of all if events are based on teamwork, therefore, events can be organised within college campuses by talking with our members of the student union, and perhaps, talking to people and organisations externally, who could come to our college to begin or support events, based on mental health and communication between students.

Campaigning can sometimes be hard, but let's be honest, our counselors are limited, and outside help (from my experience), such as CAMHS, is very slow, and can take months to even have a single therapy session, so, speaking to our student union team and working out certain costs, campaigns within our college can be very doable, and if these campaigns are successful, then small public campaigns can also be done.

In summary, communication is the first step for these to happen.

Every step is a huge leap towards change, and every change is a leap towards the stars.