



Total Insight provides mental health support and creative platforms for young people

***My Mind Matters* submissions due Wednesday 16th September 2020**

***In It Together* Wednesday 16th September – Wednesday 25th November 2020**

Total Insight Theatre is continuing its incredible work providing theatre and support for young people with two new projects that provide platforms for young voices and support their mental health and wellbeing. *My Mind Matters* will allow young people to explore their creativity through filmmaking and to reflect on and share their experiences of the pandemic. *In It Together* is a free support scheme launching in September, providing digital workshops for young people in Hackney, focusing on creativity, mental health and wellbeing.

According to a survey by Young Minds, 80% of respondents agreed that the Covid-19 pandemic has made their mental health worse, and 87% respondents agreed that they had felt lonely or isolated during lockdown. *My Mind Matters* will be a platform for young people affected by the pandemic, providing a creative outlet for their stories and experiences. Total Insight are holding an open call for young people to submit their stories about lockdown and mental health, through a wide variety of creative outlets including videos, audio, text and images. A selection of young voices and stories will be included in the film *My Mind Matters*, alongside short clips that bust mental health myths and provide practical tips for mental wellbeing.

Virtual hub *In It Together* aims to help young people aged 14-16 in Hackney stay connected and creative during these difficult times. The creative workshops, held once a week over Skype for two months this autumn, will explore a wide range of art forms for participants to express themselves and learn more about the arts. These will include writing, spoken word, music, improvisation and theatre. The wellbeing workshops will help to assess and better understand their own mental wellbeing, as well as provide resources and contacts to help them navigate their way through the Covid-19 crisis and its aftermath.

Chief Executive and Artistic Director Adam Tulloch says, *We are delighted to be able to continue to support children and young people during these difficult times and to provide opportunities that highlight and process the impact the pandemic has had on young people.*

My Mind Matters is funded by City Bridge Trust. *In It Together* is generously supported by The Fishmongers' Company's Charitable Trust.

Notes to Editors

Title	<i>My Mind Matters</i>
Date	Submissions due Wednesday September 16 th 2020
Title	<i>In It Together</i>
Date	Every Wednesday, 16 th September – 25 th November 2020
Website Links	www.totalinsighttheatre.com https://forms.gle/vRu1bvmBdsrtVU9d7 https://www.eventbrite.co.uk/e/in-it-together-online-workshops-focussing-on-the-arts-mental-health-tickets-118162640639
Twitter	@Total_Insight

Total Insight Theatre

Total Insight Theatre is an award-winning charity that provides arts and cultural opportunities for children and young people, particularly those experiencing disadvantage. Their work provides a platform for children and young people to be creative, participate, to be seen and heard – and develop an interest in the creative arts.

Founded in 2014 by Artistic Director Adam Tulloch, their aim is to deliver social change through the arts, with the goal of inspiring a fundamental change in the number of children and young people benefitting from the arts across the UK.

Taking place in schools, referral units, libraries, town halls and community centres, the charity's work includes touring performances, workshops and performing arts programmes.

Their ultimate goal is to see a fundamental change in the number of children and young people benefitting from the arts across the UK, and the charity is excited to deliver that change.

All enquiries, high res images and further information:

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