

Young Women in Mind Programme Evaluation

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WHO WE ARE

Centre for Mental Health is an independent charity.

We take the lead in challenging injustices in policies, systems and society, so that everyone can have better mental health.

By building research evidence to create fairer mental health policy, we are pursuing equality, social justice and good mental health for all.

OUR VISION OF A MENTALLY HEALTHIER FUTURE

**Our essential needs
are met so we can all
have better mental
health.**



**We can all get the
mental health support
we need at the
right time.**



**No one faces inequity
or injustice because
of their mental health.**



OVER THE NEXT 5 YEARS TO 2030 WE WILL:

- ⦿ Build knowledge for better mental health
- ⦿ Convene people and communities
- ⦿ Speak out about inequity and injustice
- ⦿ Lead and support leadership in mental health
- ⦿ Learn and provide learning opportunities



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What we did

- ② The evaluation was initially designed using mixed methods which included both quantitative surveys and qualitative focus groups and grantee reports, to examine the relationships sustaining the programme, the mechanisms driving change, and its impacts on young women
- ② However, the low number of survey responses as a result of several challenges led us to focus on the rich qualitative insights and omit the quantitative findings.

What we found - Impact on young women

- ③ The programme successfully improved mental health knowledge, awareness confidence, self-esteem, and daily wellbeing of young women
- ③ The programme improved the mental health of young women who have experienced discrimination
- ③ The young women's experiences with projects in the programme compared favourably to other mental health services

What we found - Impact on grantees

- ◎ The multi-year, flexible funding enabled organisations to innovate, strengthen partnerships, and expand their reach
- ◎ The structured community of practice strengthened collaboration, learning, and adaptability, helping projects draw from the experience of others to overcome challenges such as staffing pressures, increased demand, and language barriers

The case for age and gender specific approaches

Gender specific approach

- ⦿ Enabled projects to address young women's distinct challenges
- ⦿ A safe and exclusive space for young women improved engagement, confidence, and emotional wellbeing

Age specific approach

- ⦿ Addressed transitional periods in young women's lives
- ⦿ Encouraged peer support for young women within the same age group

Challenges

Projects faced programme specific and wider social challenges and the grantees showed creativity in addressing challenges. This included:

- ⦿ Increased referrals and demand for support services
- ⦿ Language barriers
- ⦿ Staffing challenges
- ⦿ Providing support for young women with complex needs

The seven key principles

The Young Women in Mind programme offers a model for effective, sustainable mental health support for young women. We identified seven key principles for creating a good age and gender specific service



Key recommendations for Mental Health Service Providers

- ⦿ Prioritise age and gender specific support
- ⦿ Involve young women in co-designing service and support
- ⦿ Embed trauma-informed care in the support provided
- ⦿ Invest in staff wellbeing
- ⦿ Provide safe and inclusive spaces

Key recommendations for Pilgrim Trust

- ⊙ Encourage more applications from organisations supporting underrepresented groups of young women
- ⊙ Provide grants to underserved or less-represented areas
- ⊙ Provide funding to organisations led by/for women

Key recommendations for other Funders

- ② Nurture regional collaboration
- ② Offer sustainable funding
- ② Enable shared learning among grantees

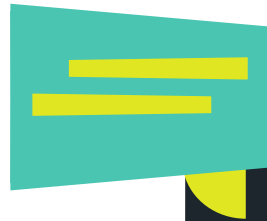
Key recommendations for National Policymakers

- ⦿ Embed gender in mental health strategies
- ⦿ Take action to reduce prevalence of mental ill health among young women
- ⦿ Invest in pioneering research for improving young women's mental health

Key recommendations for Local Policymakers and commissioners

- ⦿ Guarantee protected local funding for organisations led by and serving women
- ⦿ Elevate young women's voices and leadership
- ⦿ Conduct insightful local needs assessments to ensure the diverse experiences of young women are reflected
- ⦿ Design gender and age responsive services

THANK YOU



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