

Pilgrim
Trust

Pilgrim Trust

Grant-making across the UK to enhance wellbeing through
cultural heritage and social initiatives.

The Young Women in Mind Fund

Why mental health and young women?

Young women have emerged as the most at risk group for developing mental ill health.

The Young Women in Mind programme aims to improve access to high quality mental health support that meets their specific needs.

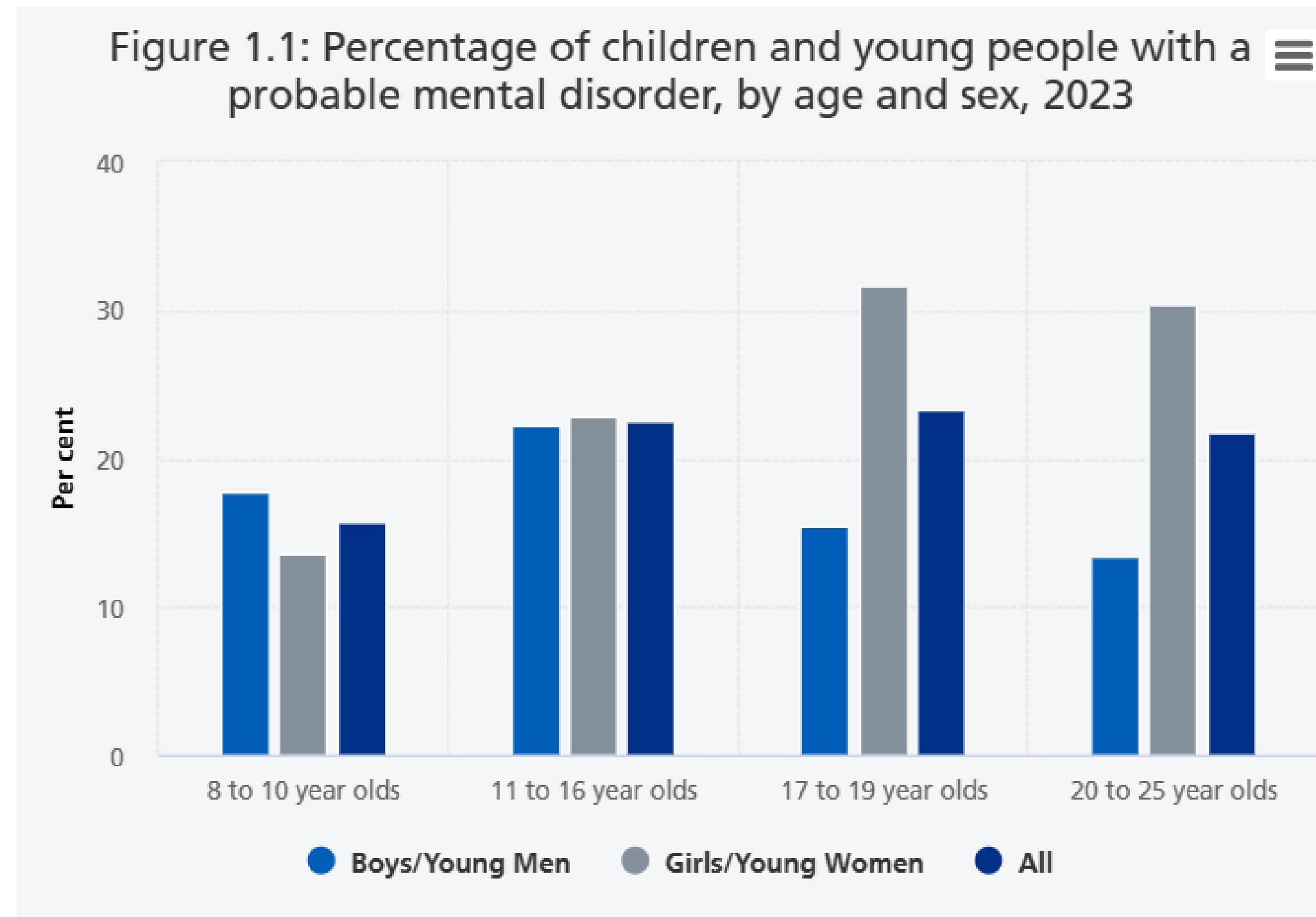
25% of young women have self-harmed
– more than twice the rate for young men.

16-25 is a period of major life changes.

75% of mental health issues develop
before the age of 24.

The transition from children's to adult
mental health services has been
described as a 'cliff-edge'.

Why mental health and young women?



Source: NHS digital, 'Mental health of children and young people in Great Britain Surveys'

Our four pillars

For high quality, mental health support for young women

01

Gendered
approach

02

Age
appropriate

03

Integrated

04

Substantive
Equality

Who we funded - organisations that were:

- Delivering high quality services specifically designed to respond to the needs of young women with existing and increasingly entrenched mental health problems.
- Providing regular, ongoing support.
- Leading the way in good practice or innovation in age and gender informed approaches to mental health provision.



What we have funded

- Project delivery costs
- Core costs (e.g. contributions towards salaries, staff, building overheads etc)
- Monitoring and evaluating costs
- Advocacy and campaigning costs
- Costs related to activities that help share good practice (e.g. convening groups, publications etc)



Cohorts

Grantees were supported to be active participants in a facilitated Community of Practice to:

- Share best practice, ideas and learning
- Develop a supportive and collaborative network
- Identify gaps in provision and opportunities to influence policy at a regional and national level.

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Thank you

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