

**STOP.
BREATHE.
THINK.**

Online Counselling
for Young People.
Without the wait.



2023–2024 Impact Report

Stop.Breathe.Think, has positively impacted the lives of hundreds of young people across the UK this past year. We have provided fast, affordable mental health care to children and young people aged 8-21; to all of our donors and supporters we want to say huge thank you!

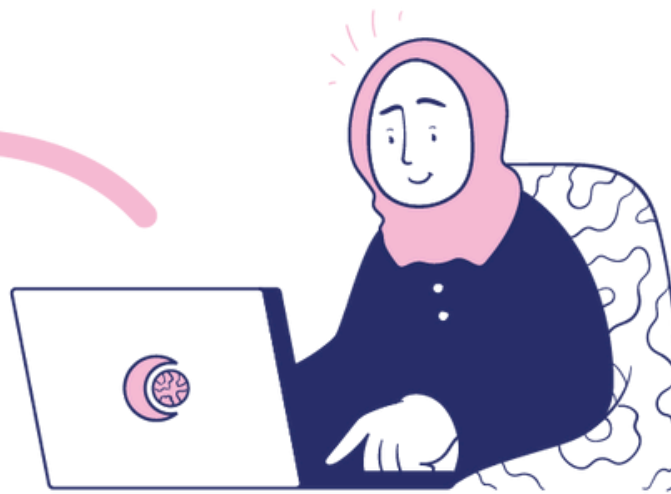
How We Work



Referral received from individual, parent or youth organisation



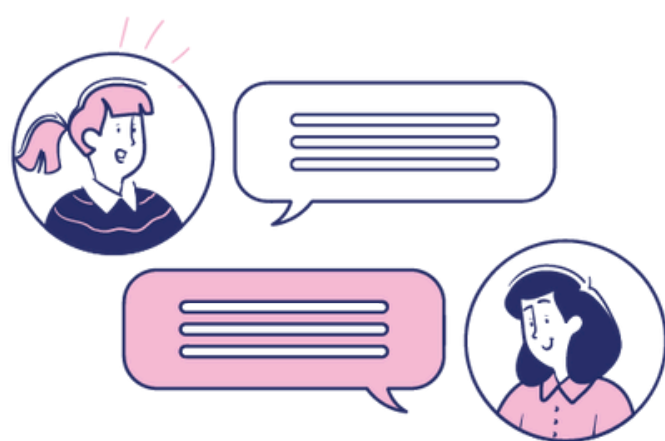
Matched with a counsellor



Fill in a simple online form, intake session booked within 48hrs



Book in your 6 weekly therapy sessions



24/7 text support



In between wellbeing sessions available



Our Aims

- **Build** a better tomorrow for children and young people.
- **Engage** children and young people to access counselling through a personalised and youth-centred approach.
- **Provide** professional and friendly safe spaces online for children and young people to talk and be heard.
- **Empower** children and young people with the skills and strategies to manage challenges and live happy, healthy lives.
- **Connect** the social care, healthcare and education sectors with our service to provide better mental health support nationally.
- **Ensure** a common language to share outcomes across sectors supporting children and young people.



"It's like a weight lifted off my shoulders and someone finally understood me and helped me..." Jake, age 12



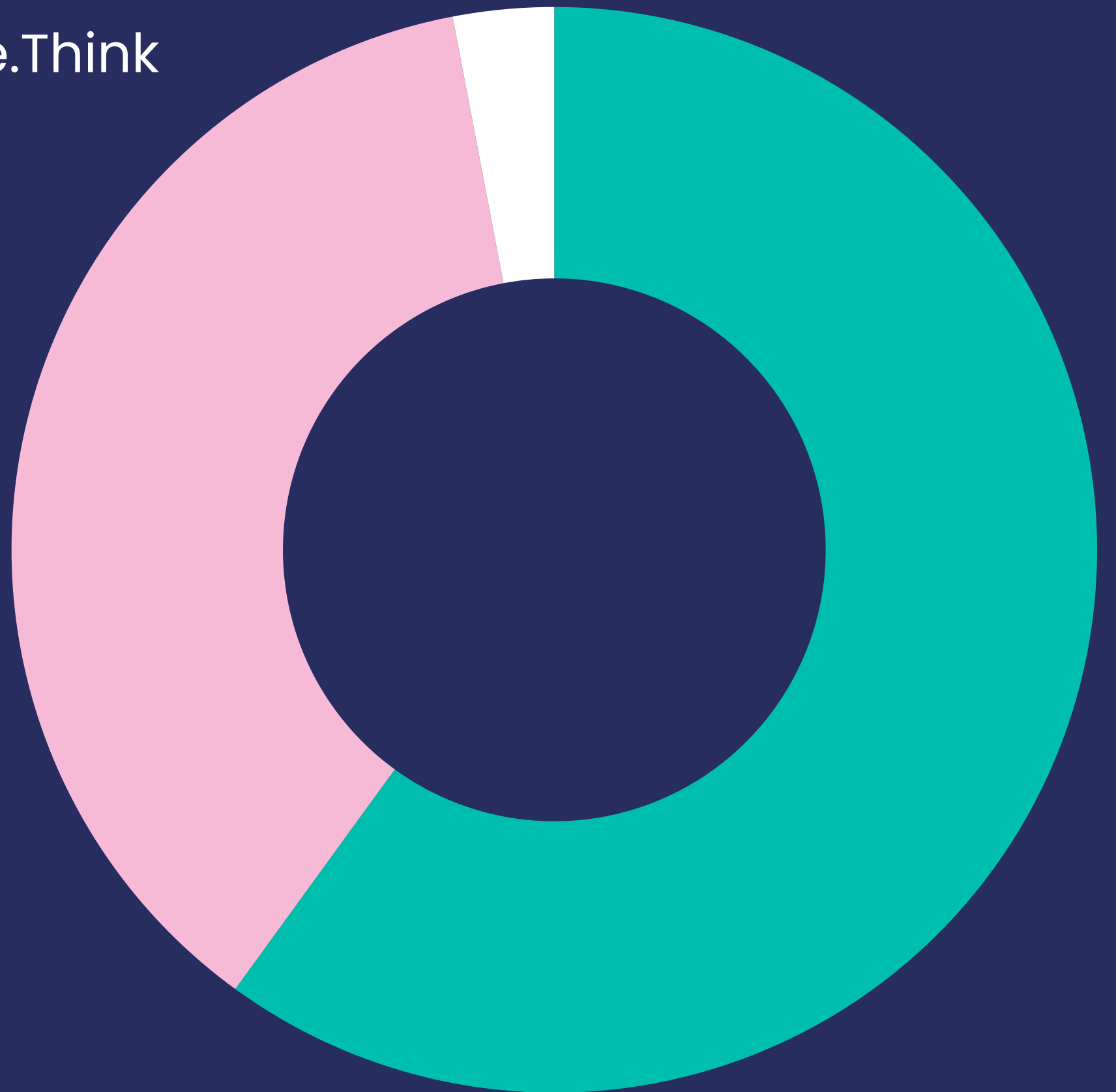
Our Impact

June 2023 – June 2024

526

Children and young people received counselling with Stop.Breathe.Think

60% female
37% male
3% non-binary



24% neurodivergent

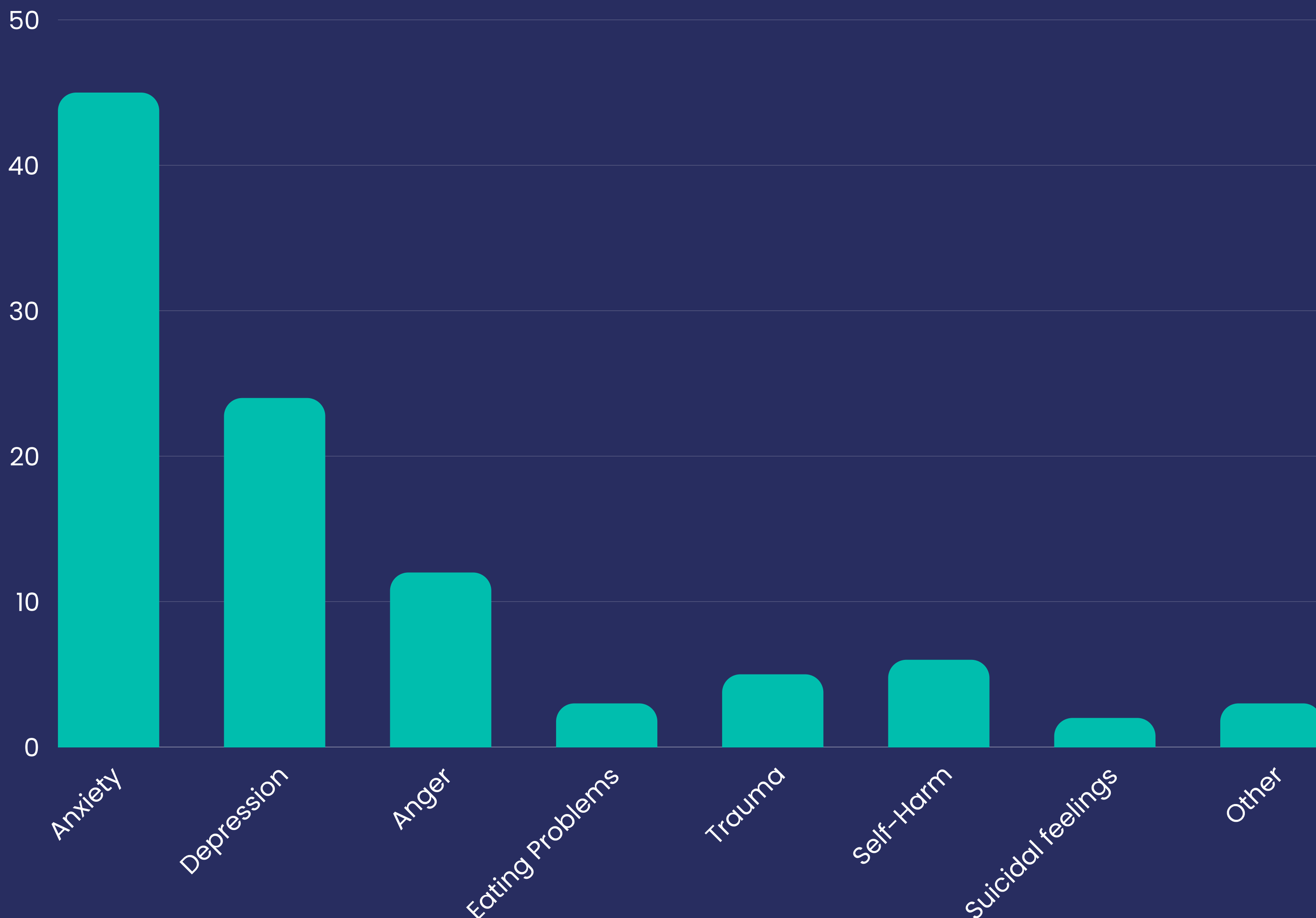
Including those with autism, ADHD, OCD, dyspraxia, dyslexia, dyscalculia, DLD, Tourette's & more

7% LGBTQ+



Presenting Issues

June 2023 – June 2024



92% of children and young people said they had improved mental health thanks to Stop.Breathe.Think

"Thank you for helping my son it's been a very hard 3 years of trying to get him help, finally he has had some. Thank you very much for helping it may not be long but it's something no one else has done, thank you so so much you have been amazing with him, thank you."

- Parent

Our counsellors said that 93% of service users had made progress and moved on positively with their mental health and wellbeing.

"I found it tough talking to a stranger, but my counsellor was easy to talk to. She made me feel comfortable and I was able to talk about what was on my mind."

- Imani 16

“The support given to me by SBT has helped me realise that there are ways I can help myself when I feel in a bad place mentally or physically and I am now able to cope with and understand my feelings a lot more.”

-Ronnie, Age 14

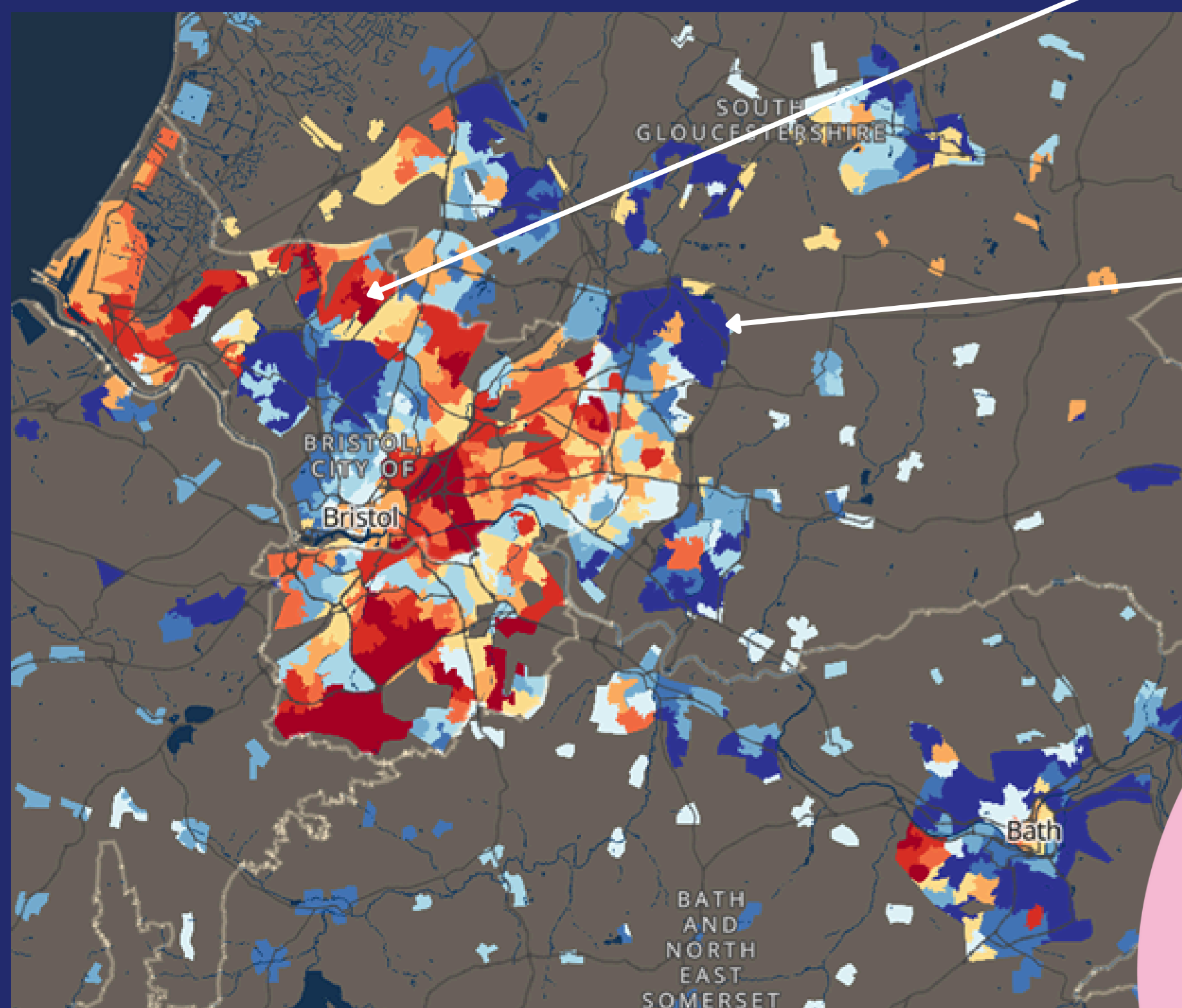


Area Deprivation

'The Index of Multiple Deprivation (IMD) datasets are small area measures of relative deprivation across each of the constituent nations of the United Kingdom. Areas are ranked from the most deprived area (rank 1) to the least deprived area.'

Average IMD Score of 2023-24 cohort postcodes:

Example IMD Map: Bristol



49% of our young people lived in IMB 1-4

35% IMD 5-8

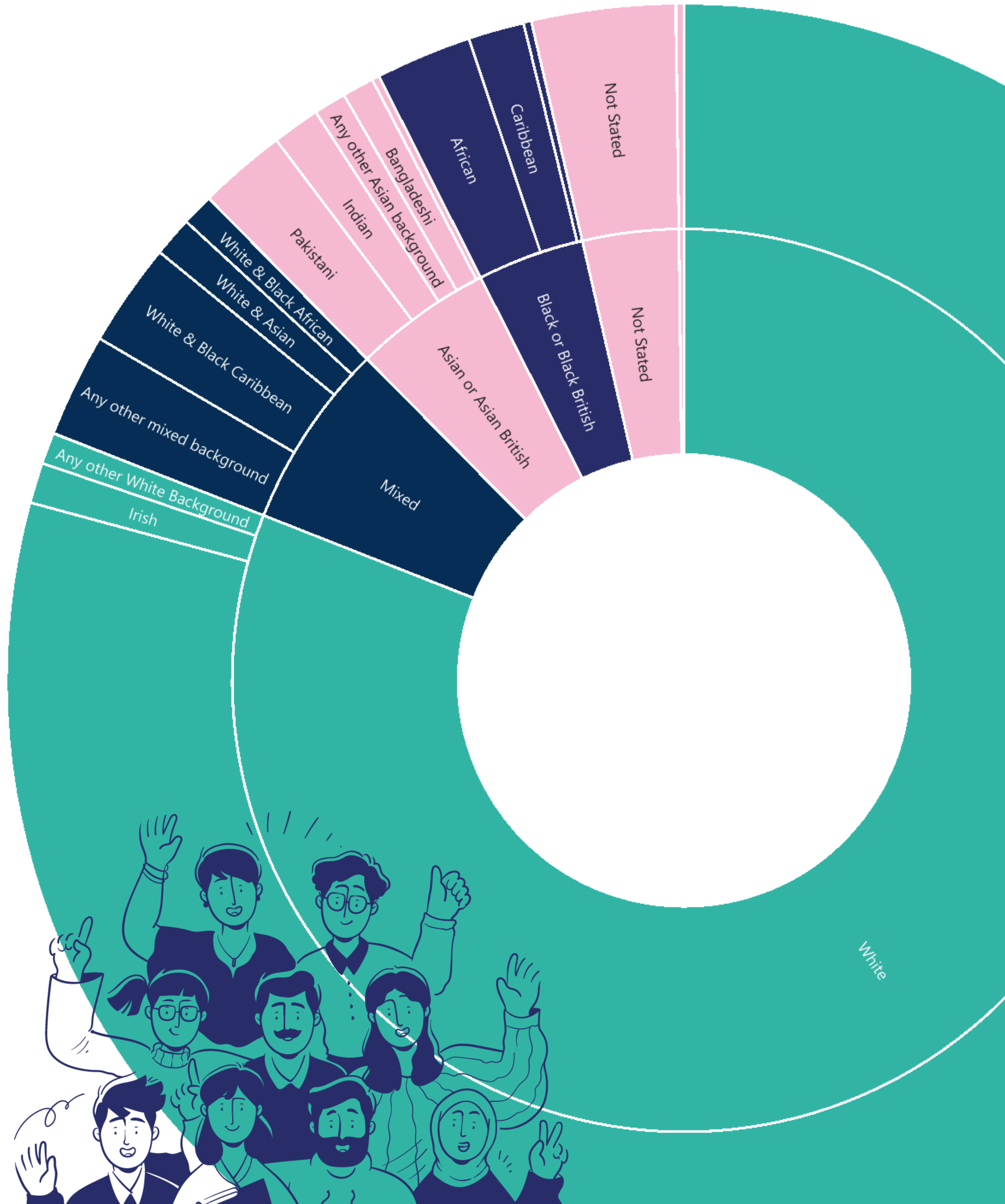
16% IMD 8+

"...he is visibly 'lighter', and this is all thanks to being able to talk things through with his counsellor. He is sleeping well again, focussing on his schoolwork, having fun with his friends and has joined a gym which all helps him keep a positive frame of mind going forward. Thank you so much to Claire and the team at Stop.Breathe.Think. for supporting him."

– Parent

Ethnicity

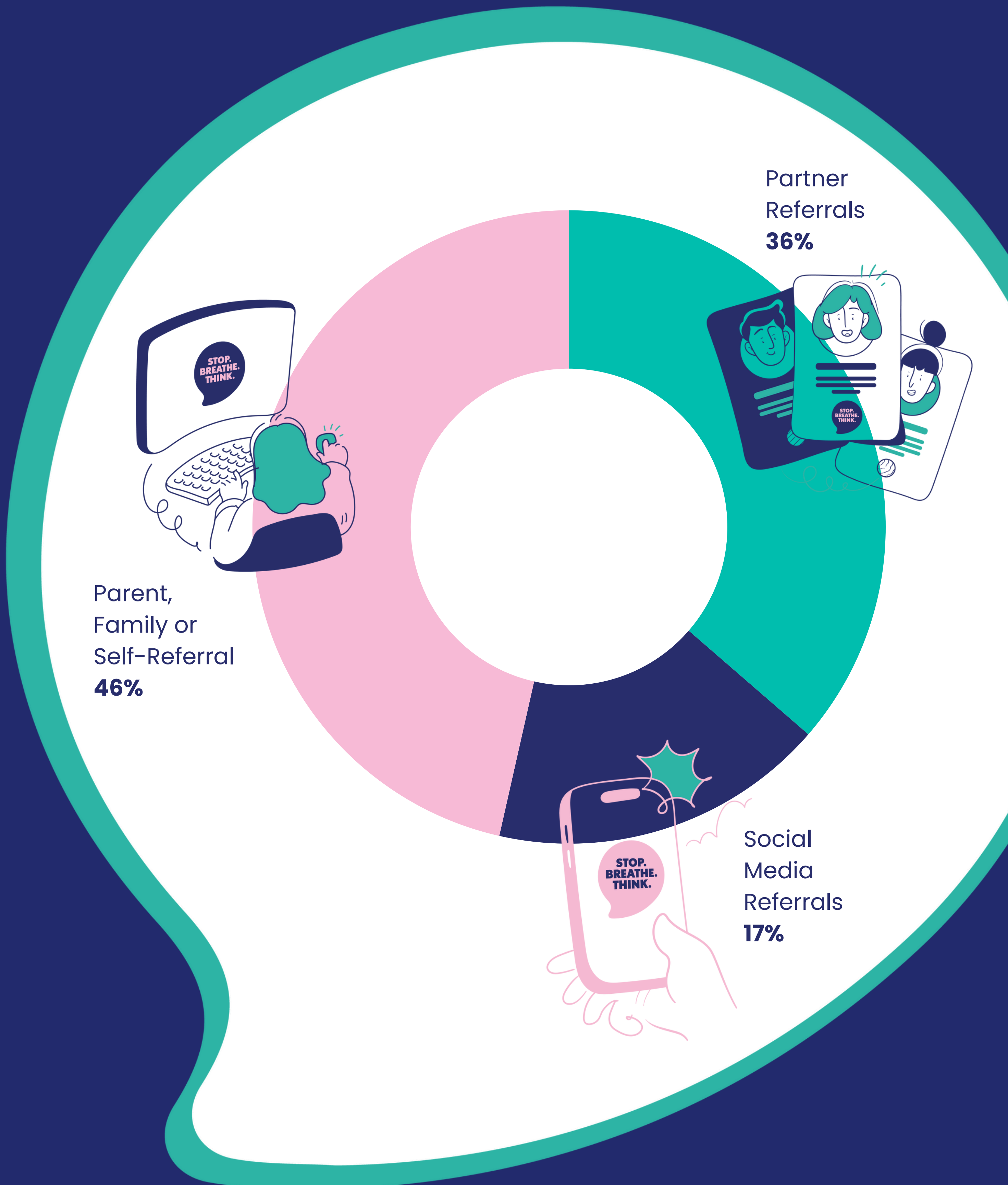
We're proud to have supported a diverse cohort of young people from across the country.



Outreach

We reached the children and young people who need our support through partnerships with local organisations and schools, and by promoting the opportunity through social media.

54 partner organisations



Whats next?





During the pandemic **Stop.Breathe.Think** was launched to support young people during lockdown alongside another national youth programme. As a structure, Switch180 was created to ensure the smooth running of both charities under one roof.

As a youth charity at heart, Covid created an opportunity for us to help more young people.

We now believe we are at the next natural stage of this journey; to enable Stop.Breathe.Think to operate as a separate charity in its own right. Therefore, phasing out the Switch180 structure.

Apart from a shared focus on young people, both charitable programmes delivered very different missions, both hugely important in their own right but separate in scope, scale and outcomes. It is important that they are now recognised independently and for each charity to fundraise, communicate and be administered individually.

Stop.Breathe.Think has been entered onto the Register of Charities with the Registered Charity Number 1206068.

We feel hugely positive and excited about the road ahead. We have created a life changing charity, delivering fantastic support and with the potential to positively impact the lives of thousands of young people over the coming years.

Thank you so much for your support!

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[Stopbreathethink.org.uk](https://stopbreathethink.org.uk)

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