

I am a young person who represents my area and young people from the north. I want to make things better for people where I am from. A lot of young people from my area are afraid to speak out. I try and understand their point first and then speak on their behalf so that we can make my community a great place to live

Issues around Mental health are big the northeast of England. People have clothes on their back but there are unseen issues. People commit suicide because of poor mental health. Being able to have the confidence to speak out would help. But bullying and waiting lists stop people from getting help.

Where I live is not like London. I'm used to a quiet town. But in a quiet town, there's a lot of bullying in schools. This is because of people's different backgrounds: different ethnicities and rich and poor families. Some people can only afford the basics of life: hot water and heating. Others can't relate to them. We need to increase empathy in communities.

Recently ,young man in my community killed himself, and I still see his mum most days. I would like to be able to say to her that the government is now taking issues around mental health seriously and making sure every young person is supported I'd like to be able to say that, but I can't. He is not the only one. Where I am from lots of people have killed themselves. We need more support. We cannot go on like this.

Men, especially in my community in the north, sometimes don't want to come forward for mental health support because of feelings of shame or of being a failure. Being in poverty can make some men feel that this means they have let their family and their community down.

This isn't true.

We must provide men, and everyone who needs it, with income and mental health support to help them survive this cold expensive winter.

I am very scared about the coming winter and the rising bills, and I know other people in my community are too.

It's not right that there is so little support for poor people that their fear of how to survive the cold winter is making their mental health worse.

We need to make sure everyone has the support they need so poor mental health doesn't ruin lives. More needs to be done. Westminster needs to invest in support within my community so that people who might find it harder to access support, such as young people, men and people with disabilities, complex needs, and autism are supported to live good lives.

People with disabilities and autism can struggle to access mental health support. We need to make sure they are listened to and have as much control as possible over their lives. People are experts about their own experiences and need to be trusted and listened to otherwise professionals won't be able to understand what help they really need. One way we can make sure this happens is through more training on how professionals support those with learning difficulties, complex needs and, autism, especially as they now may be more affected by the cost-of-living crisis.

I really care about this happening when it comes to things like being put in the hospital for their mental health. People shouldn't be removed from their home unless absolutely necessary because places like hospitals aren't always very nice environments to be in.

As a society we need to make sure people have enough money to have a good life, to loosen the grip poverty has on people. If we don't, we'll continue to see people continuing to struggle with poor mental health.

The current high level of poverty and poor mental health in my community is very bad, and it feels like it's growing. The government can and must make things better for those struggling with mental health issues and poverty.

With the right level of income and mental health support we can change these problems.

This needs to happen now.