Theory of Change

THE Lucy Rayner FOUNDATION

Impact Goals

1. Young adults have emotional resilience to thrive in society.
2. Zero suicide rate amongst our service users.
3. Improved societal perceptions of mental ill-heath.
4. Increased awareness of the signs and symptoms of depression and mental ill-health.
5. Family members affected by suicide feel able to support each other.

Target Outcomes
(12 months+)



Young adults with mental ill-health envision **a brighter future.**



Stigma about mental ill-health amongst community is reduced.



Schools, institutions and workplaces have an **'open culture'** to speak about mental health freely.



Parents, teachers and community members are **empowered to engage with people experiencing symptoms of depression and mental ill-health.**



Families and individuals have **increased access to practical and emotional support.**

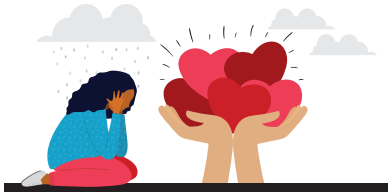
Intermediate Outcomes
(6-12 months)

- People with mental ill-health have **increased confidence and positivity.**
- People with mental ill-health **have improved physical health.**
- More people are **aware of the signs and symptoms of mental ill-health.**
- A community of support is working together to **improve mental ill-health resources and services.**
- Service providers feel confident in **guiding someone towards the appropriate support.**
- **Improved family and community relationships.**

Immediate Outcomes
(< 6 months)



- People with mental ill-health, and their families, **feel supported.**



- People experiencing depression have **immediate access to free counseling.**



- Teachers, parents, pupils, and community members **have access to tools and resources.**



- Managers, health workers, teachers and employees are **raising awareness as Mental Health Champions.**



- Improved knowledge and skills on **crucial warning signs, how to listen, reassure and respond in crisis.**

Activities



Provide free, confidential, counselling to those suffering from mental ill-health and their loved ones.



Run support groups for young people affected by mental health issues.



Provide suicide bereavement support.



Provide training and resources to schools, teachers, parents, pupils, and workplaces.



Partner with other charitable organisations and services providers with the same objectives.



Provide Mental Health training to service providers such as First Aid Respondants.