



Beyond

GOING 'BEYOND'

Impact Report
Spring 2025

FOREWORD:

At Beyond, everything we do is rooted in connection - with young people, with educators, with mental health professionals, and with the incredible individuals and communities who care deeply about youth mental health and about Beyond. This impact report is more than just a summary of our work; it's a reflection of the relationships, trust, and shared purpose that drive us forward.

The truth is, this has been another incredibly tough year for young people. The mental health crisis is not letting up, and for too many, the support they need still feels out of reach. But what has kept me going - and what continues to inspire me every day - is the courage, vulnerability, and resilience shown by the young people we work alongside. Our Youth Board are not just telling us what needs to change - they're leading the charge.

And we're listening. We're building with them. We're fighting for a future that puts their mental health and wellbeing at the very centre.

This year, we've been able to do more - reach further, respond faster, and amplify youth voices louder - because of the people who believe in our mission. If you're reading this, you're one of them. Whether you've supported us with time, resources, energy or simply by standing with us as an ally: thank you. You are part of this movement, and your impact is real.



There's still so much more to do, but we don't walk this path alone. We walk it together - with hope, fire in our hearts, and with an unwavering belief that change is not only possible, but already happening.

I hope you'll be proud of what we've achieved - and excited about where we're headed next.

With endless gratitude,

Louisa Rose
CEO, Beyond



CLICK TO DONATE NOW



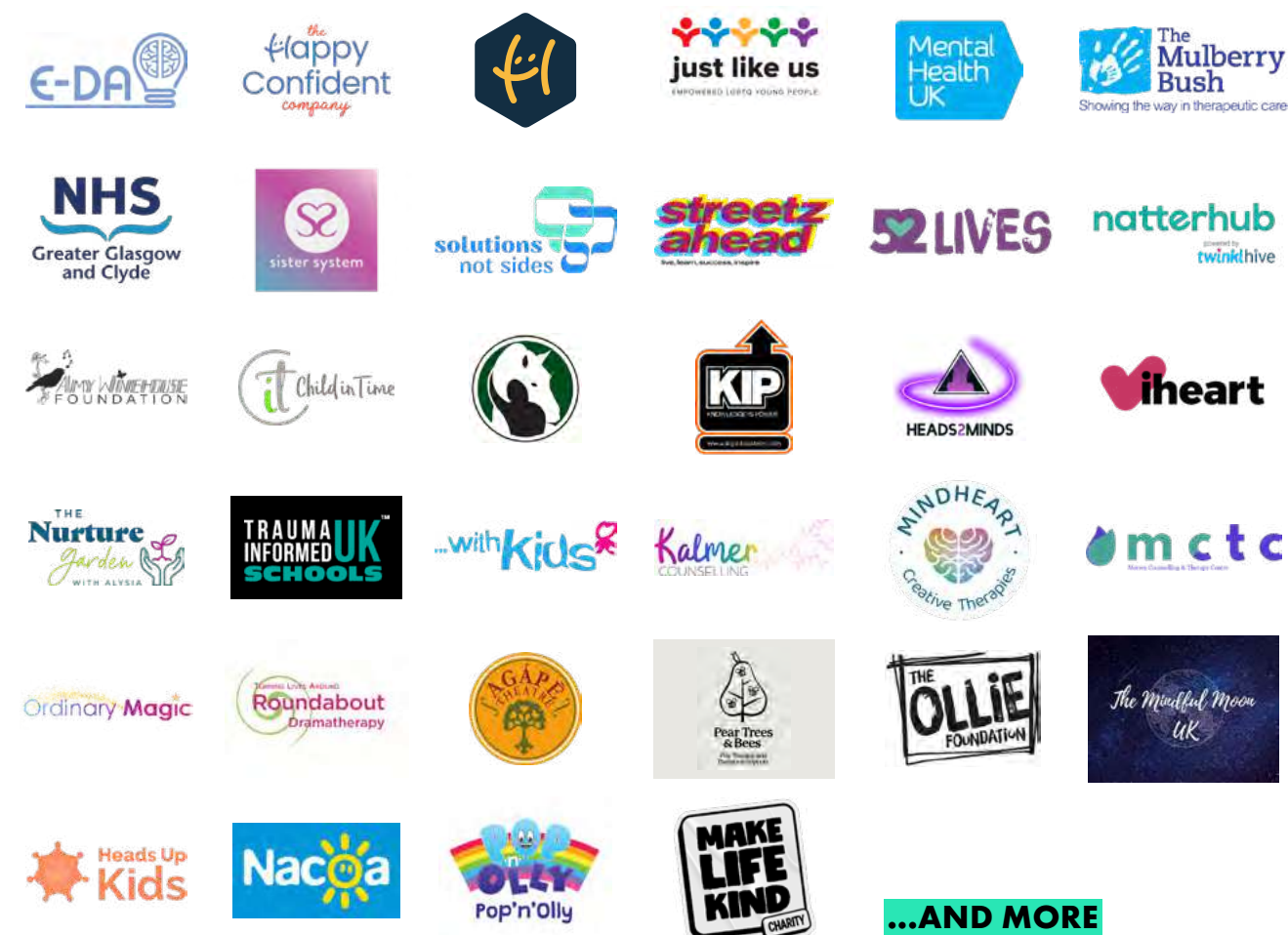
CLICK TO SPEAK TO US

WE ARE IMMENSELY GRATEFUL TO OUR DELIVERY PARTNERS, FUNDERS AND EVERYONE THAT HAS EVER SUPPORTED BEYOND.

OUR FUNDING PARTNERS



OUR DELIVERY PARTNERS



THE FUTURE

To help Beyond reach more young people, this year we significantly increased our internal capacity.

As with many charities, securing sustainable core funding remains a significant challenge for Beyond as we work to deliver our charitable objectives. While we have seen success in diversifying income streams, such as expanding corporate partnerships and individual giving, these strategies require time to mature and yield substantial results. This transitional phase is critical as we adapt our fundraising mix to ensure long-term stability. To continue scaling our impact, we need support to navigate this period, enabling us to sustain existing programmes while building the infrastructure required for growth.

Also, this year, with youth-led design, the Youth Board fully developed into the strongest it can be, and are ready to deliver many new projects next year, from organising speaking and fundraising events to co-designing the Now and Beyond Festival in 2026.

In 2023/4 Beyond delivered life-changing bespoke mental health support to 1,589 children and young people while the Now and Beyond Festival in February 2025, equipped over 160,000 children and young people with the confidence, skills and resilience to thrive.

Next year we will continue to improve access for young people to the most effective mental health support, at the right time to tackle the youth mental health crisis, from prevention to intervention.

**OUR IMPACT IS A
COLLABORATIVE EFFORT.
THANK YOU FOR BEING
PART OF THIS JOURNEY
WITH US.**



Beyond are one of our most engaged, collaborative, and valued members.

At the heart of their work is their commitment to listening to children and young people's voices through their Youth Board. It is incredible to see young people shape the work of an organisation in the way the youth board shape the work at Beyond.

Charlotte Rainer, Coalition Manager, Children and Young People's Mental Health Coalition.





THE NEED

There is a serious mental health epidemic affecting young people in the UK.

Over 1.3 million young people were referred to CAMHS (Child and Adolescent Mental Health Services) in the last school year. That's a 71% increase in five years (Young Minds). Of these approx 325,000 will be rejected and about the same number are on a waiting list for treatment. At the same time, 44% of school leaders feel unprepared to provide adequate mental health support to their pupils.

Beyond is addressing the gap between the rising mental health needs of students and the limited resources teachers have to support them.

WE ARE BEYOND

Beyond is a youth mental health charity which uses our expertise and resources to help those working with young people, access barrier-free mental health education and the most effective mental health support.

We are guided by our incredible Youth Board. A group of young people with their own mental health stories. These people generously volunteer their time to inform everything we do and keep us focused on what really matters. We strive to empower them to become influential voices of their generation.

OUR WORK

Beyond has developed an ecosystem which increases access to, and awareness of, the mental health interventions that young people need. Rooted in the belief that lived experience is critical to shaping solutions to the youth mental health crisis, everything we do at Beyond is informed by our fantastic Youth Board.

Our work is split into three main areas:



FREE ANNUAL FESTIVAL

Each year we directly support hundreds of thousands of young people during the Now and Beyond Festival on. Through this groundbreaking online platform that bridges the access gap between educators and the mental health community, we have given young people and those who work with them the tools and resources to discuss and initiate mental health conversations. This helps to reduce societal stigmatisation, prevents mental health crises and empowers teachers to empower students to look after their mental health.

FIRST-OF-ITS-KIND DIRECTORY

Reducing the complexity in navigating local provision for schools, parents and children, we have developed a pioneering online signposting service highlighting approved youth mental health experts. This is the first ever sector wide resource of mental health services for young people, enabling those working with them to identify the right interventions for those in their care and increasing integration with public and private local services.

ACCESS TO SUPPORT

We prevent mental health crises and the worsening of mental health symptoms by providing tailored and urgent mental health support to children and young people in schools, mostly in underserved areas of London (and until recently across UK) who had slipped through the cracks in the public healthcare system. Our work is delivered by the approved network of providers within our directory.

AMPLIFYING YOUTH VOICES

All of Beyond's work is informed by its Youth Board, a group of dedicated youth mental health activists striving for systemic change united by lived experience of mental ill health. They're the literal heart and soul of Beyond.

Since 2021, the Beyond Youth Board has led national research, launched ground-breaking campaigns, and received national recognition for their work. From climbing Kilimanjaro to reshaping media portrayals of mental illness, they've built platforms, hosted podcasts, produced documentaries, and held leaders to account. They've fundraised, written lesson plans, created music videos, and represented Beyond across TV, conferences, and the press - even sitting down with the Prince and Princess of Wales.

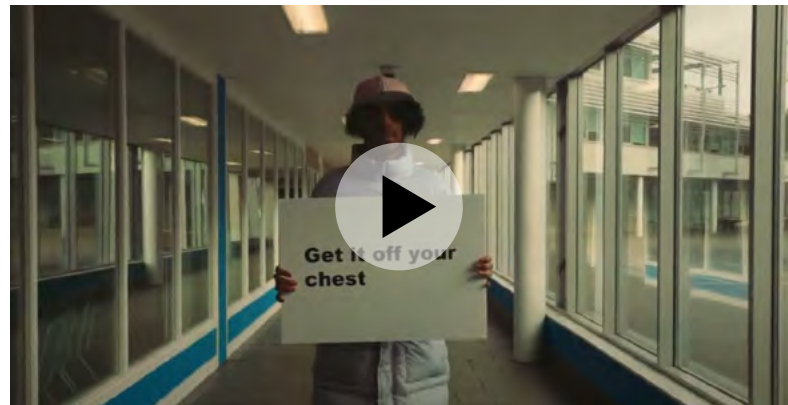
They really bring our values to life, and Beyond just wouldn't be the same without them.

"Beyond truly embodies youth voice and ensures all of us young people are leading conversations, action and ultimately change"

Tanya Marwaha, Beyond Youth Board Member



CASE STUDY



Two youth board members, Jeremy and Louise, produced a music video for a track called Stigma, by Beyond ambassador and rapper Shocka. The film featured young boys from diverse backgrounds and sheds light on the men's mental health epidemic and importance of suicide prevention.

It was broadcast to thousands of 14-16 year olds during Now and Beyond 2023.

Reflecting on this piece of content a teacher said: "One of our 6th form learners remained behind after class having watched the clip on mental health & males and state that is how he was feeling. His parents were contacted and he is now receiving support - thank you!"

Beyond mentored Jeremy and Louise and provided the resources to produce, execute and broadcast this film.

OUR IMPACT SINCE 2021

ANNUAL MENTAL HEALTH FESTIVAL



500,000

Students gained access to lesson plans through educators.



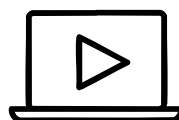
5,000+

Educational settings.



12,000+

Workshops hosted.



40,000+

Watched live content.

FIRST-OF-ITS-KIND DIRECTORY

300+

Providers

3,500+

Schools

ACCESS TO SUPPORT: MENTAL HEALTH INTERVENTIONS IN SCHOOLS

95%

agreed that Beyond's intervention positively impacted their students' mental health

95%

agreed that Beyond's intervention enabled the school to provide mental health support in a timely manner to its students

94%

would recommend Beyond's service to other school

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We really are very grateful for the opportunity presented to the children.

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It has supported me greatly in my process of becoming wellbeing lead.

92%

of young people achieved some or all of the goals that they had hoped to achieve at the beginning of the therapeutic period

98%

of young people experienced an improvement in their emotional wellbeing as a result of the 1-1 therapy provided

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School staff are facing hard times due to funding issues, prices of all provisions go up, number of staff is often reduced or stretched to the limits, sick leaves are omnipresent but BEYOND was there to offer a helpful hand and lit up the light at the end of the dark tunnel.

100%

of teachers stated that they achieved the goals that they had wanted to achieve through the mental health training

100%

of teacher said they were better informed about how to support children in crisis

WHAT WE'VE ACHIEVED OVER THE LAST YEAR AND THE IMPACT THIS HAS MADE.

Like many other charities, this year we faced unprecedented fundraising challenges which prompted us to review the geographical reach of our projects.

At the same time, we continued to invest in our fundraising to ensure we create solid foundations to diversify our income streams. We recruited three new trustees to increase the diversity and lived experience of our Board and we also invested in new staff and specialist contractors. This increased expenditure was somewhat offset by a new partnership with Mental Health UK for our annual mental health festival which has meant a tenfold increase in our capacity to reach students and educators in educational settings as well as our capacity to evaluate the impact of the Festival.

Overall, 2023/24 was a year in which fundraising challenges did not stop us from growing our organisation both internally and in its external impact.

LARGE SCALE PREVENTION:

ANNUAL MENTAL HEALTH FESTIVAL

COST PER CHILD:

447,686 beneficiaries at £52,842 = **11P PER CHILD**

MENTAL HEALTH

INTERVENTIONS IN SCHOOLS:

COST PER CHILD:

£57.85

Average cost for 1 hour of 1-1 life changing therapy.

£11,000

For 1 day a week of 1-1 therapy for an academic year, directly impacting up to 30 children plus the wider school community.

1- PREVENTING MENTAL HEALTH CRISES AND WORSENING OF MENTAL HEALTH SYMPTOMS

During 2023/24 we delivered life-changing mental health support to 1,589 children and young people in 16 schools across 10 London boroughs and the others in the rest of the UK including Scotland.

Of these 16 schools, 8 were primary schools, 5 were secondary and 3 were colleges.

We invested £136,022 to deliver bespoke mental health interventions through our network of approved suppliers. This timely support is life saving.

Children and young people at the schools we supported are growing up with difficulties which are emblematic of the socio-economic challenges prevalent in their communities, with a high proportion of students receiving Pupil Premium (35.6%) against a national average being 23%, indicating severe financial hardships.

Additionally, in some schools a significant number of students are English as an Additional Language (EAL) learners, further highlighting the cultural and integration hurdles faced by many families.

A particularly acute concern, underscoring the critical need for our intervention, is the rising incidence of domestic violence and the number of refugees and unaccompanied asylum seekers within the student body of some of the schools we supported.

Other schools are battling against a high prevalence of mental health issues such as self-harm, eating disorders, depression and anxiety, leading to school refusal and other negative behaviours which become barriers to their learning.

The schools efforts to provide help are often stymied by overextended external services and exceedingly long wait times for assessments, which now reach up to two years in many boroughs where we deliver services.



To these schools facing immense challenges, we provided tailored support, which mostly included 1-2-1 counselling services and group therapy, as well as youth mental health teachers' training in two further schools.

By enabling access to bespoke mental health support in schools, we helped address the urgent gap between students' mental health needs and the scarce resources available to teachers to support them.

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We know that our interventions are succeeding in meeting young people's mental health needs because we measure our impact by employing robust monitoring and evaluation methods which are centred around young people and teachers. Teachers have reported improved knowledge outcomes for them, with 100% saying that they are better informed about how to support children in crisis.

Most importantly, they also report significantly improved mental health outcomes for young people: 93% noticed an improvement in the emotional wellbeing of the pupils who received 1:1 support.

For instance, teachers at Brookland Junior School, in Barnet, North-West London, have praised the group and individual support Beyond delivered through Kimberley and Streetz Ahead (our delivery partner):

With regards to Kimberly, the learning mentor who works in our school each week, she has made such a positive impact on our school community.

Our young carers are excited to meet with her each week and they are able to share their worries and feelings in a safe space. Pupils tell us that Kimberley listens to them and helps them to know how to talk about their feelings at home. Parents have benefitted from 1:1 sessions with Kimberley and have been able to process some of the stressors in their lives and to explore ways of supporting their child through difficult times.

Beyond's support has improved our school's wellbeing offer 1000%.

This impact is echoed in the words of children too. For instance, at just 11 years old, **Lyra Leyton** has already experienced anxiety, bullying and depression. After delivering an intervention at her school, Brookland Junior School, she said:

// **The programme that Beyond brought to our school has really helped with our mental health.**

A lot of my friends used to feel really anxious, but being part of this has given us a safe space to talk about how we feel. It's made my friends feel more confident and less alone, because we all know we're going through similar stuff together. Now, we're more comfortable talking to each other about our feelings, and it's made us closer and our mental health stronger.

*Lyra Leyton
Brookland Junior School*



2- EQUIPPING YOUNG PEOPLE WITH THE TOOLS TO SUPPORT THEIR MENTAL HEALTH

Our 5th annual mental health festival for schools took place digitally on 5th February 2025.

Now and Beyond is an event that provides teachers across the UK with access to the highest quality mental health resources from across the sector.

The vast majority of teachers have never received any education on mental health and almost 50% don't feel equipped to support a child with a mental health need in their class.

Featuring lesson plans, online workshops and video content, it's a way to equip educators with the tools they need to address important mental health topics in their classrooms.

This helps to reduce societal stigmatisation, prevents mental health crises and empowers teachers to empower students to look after their mental health.

Specifically, this year's evaluation showed that younger students increased their awareness of various mental health themes, especially kindness and resilience in the 4-11 age group.

We are proud of the collaborative nature of the Now and Beyond Festival, and particularly of our partnership with Mental Health UK, which resulted in reaching even more young people than in 2024. We specifically saw a 95% increase of the number of students that watched Now and Beyond's video content.



As ever with Beyond, Now and Beyond was co-created by a Steering Group of young people but this year we wanted to amplify the youth voice even more. So, we brought together young people from over nine youth mental health organisations across the UK to star in our video content.

By bringing together young people from different organisations and backgrounds, Beyond gave an unprecedented platform that amplified the voices of young people, representing diverse views from different perspectives including LGBTQIA, the Care system, neurodivergence and more.

CASE STUDY: OVERCOMING TRAUMA AND RECLAIMING CHILDHOOD

At just 13 years old, Sarah* was on the verge of being pulled out of school. Her parents were desperate for help, watching their once lively daughter spiral into a state of anger, anxiety, and isolation.

Every day felt like a battle, not just for Sarah, but for her entire family. Her emotional outbursts disrupted their home; she would lash out, throw things, and often take her frustration out on her younger siblings. The tension in the household was palpable, and they knew something had to change.

Her parents turned to the school for support, hoping that something—anything—could help. In response, the school sought help from Beyond, applying for fully-funded support to assist a small group of students in need. Sarah was chosen as one of the beneficiaries of this critical support.

Sarah didn't want to attend the initial sessions because of her anxiety. Sarah had been bullied by different groups in school, which left her isolated and scarred, emotionally and physically. After a family holiday, her parents discovered that Sarah had been self-harming—an act of desperation to cope with her feelings of worthlessness and despair.

Sarah was just surviving, trapped in a cycle of torment and trauma which left her unable to focus at school, missing key lessons and falling far behind. Beyond offered the support of an experienced counsellor, and when she first met Sarah, she was at her lowest but step by step, we worked with her to remove the trauma and address the deep emotional wounds that had formed. The program didn't just stop at removing trauma. We looked at the family dynamics as well, and her parents were brought into the process through group

sessions, which helped them figure out the best way to parent a child in pain, making sure they were equipped with tools to support Sarah's journey out of the darkness.

After six one-on-one therapy sessions and four group lessons focused on how the brain processes trauma and relationships, Sarah's transformation began as she learned to manage her relationships and emotions.

The impact of this work was undeniable. Sarah's anxiety eased, and for the first time in a long time, she felt happier. She agreed to work with a tutor to catch up on all the schooling she had missed. Where she had once struggled to even get through the day, Sarah was now thriving. She was sleeping better, eating regularly, and she was participating in school life again.

Her parents, once filled with fear and the weight of considering pulling her out of school, saw that she was no longer just surviving—she was living.

The journey was so transformative that Sarah now walks into school free from the trauma that once defined her. The family's home is filled with peace again, as they have learned to navigate this healing process together.

**Name has been changed for confidentiality.*

Sarah's profound journey highlights the critical importance of early intervention. It's about providing a safe space for children and young people to process their emotions and start healing. For us, stories like this underline why we do what we do at Beyond, and it's incredibly rewarding to see such positive outcomes from our support.

TESTIMONIALS



Beyond provides an invaluable platform for youth engagement and learning in support of the wellbeing space in schools. There is a huge gap in skills and capacity among educators – through its Mental Health Festival and directory, Beyond provides an accessible source of meaningful, evidence informed interventions and training opportunities around wellbeing to schools as well as focussed point to being conversations around wellbeing in the classroom

Chris Martin, Ex-CEO The Mix



The Mix UK loves how the Now and Beyond Festival bridges the gap between schools and the plethora of support available through small charities and organisations. The festival is a unique platform for schools to explore and experiment with various emotional and wellbeing sessions, ultimately benefiting their students. The Mix UK's participation in the festival is a testament to their commitment to making mental health support accessible and effective for the younger generation.

Emma Hardwell, The Mix



As an NHS Consultant Psychiatrist for Early Intervention in Psychosis Service, all too often I witness first-hand the devastating effects of missed opportunities for early interventions on young people with mental health needs.

I became a Trustee of Beyond and now I am an advisor because Beyond provides urgent mental health support in schools and gives children and young people the tools to look after their mental health and wellbeing.

Dr Erin Turner



We have been very impressed by Beyond's reach into schools and the deep engagement and leadership that the team has created with young people.

We are proud to be working with Beyond.

***Victoria Hornby OBE,
CEO Mental Health Innovations***

