



Ellie chose happy, and so can you...

Ellie's Angels is a registered charity* whose members are broadly made of young people. We work in partnership with schools, healthcare services and professionals to raise awareness of the mental health and support needs of younger people. We are founded and inspired by the real life successes of Ellie who struggled with her own mental health before discovering and creating her own methods to turn her life around.

We aim to change the way access to support is offered to young people and identify ways to enable them to find the kind of help they want in a way that works for them.

We represent the voice of young people through our Youth Mental Health Ambassadors — they drive the work we do and it's their voice that makes the difference.



*Registered Charity
No 1200825 (England & Wales)



www.elliesangels.org



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Ellies Angels



[elliesangelscharity](https://www.instagram.com/elliesangelscharity)



[ellies_angels](https://www.snapchat.com/add/ellies_angels)



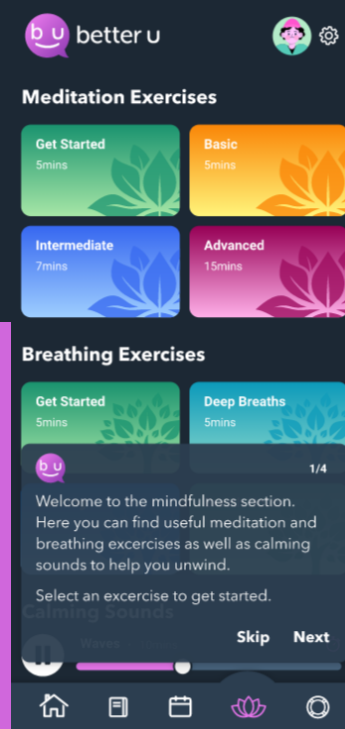
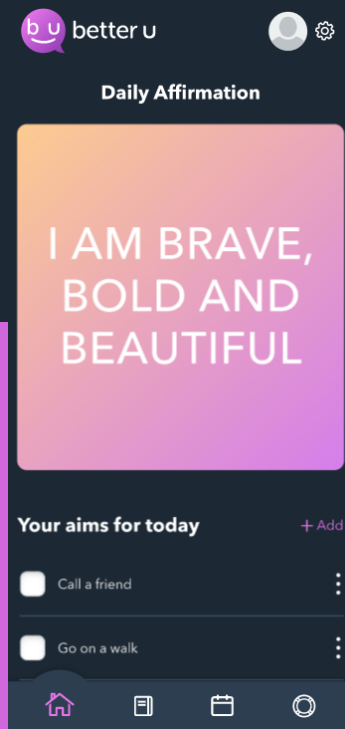
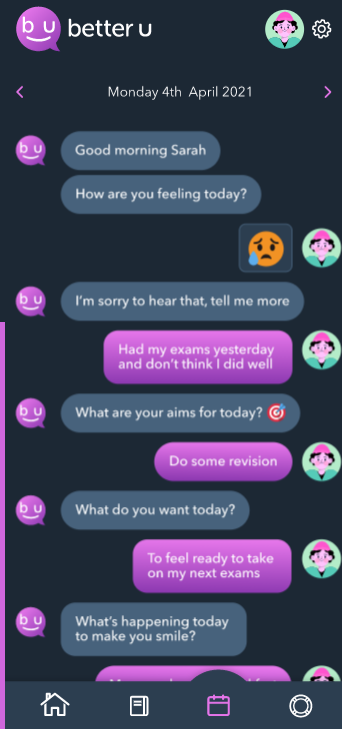


better u

In loving memory of Ellie Paine

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Welcome to **better u** - an app made by young people, for young people! better u provides a platform where you can support your mental health and well being through journaling, daily affirmations and mindfulness features. It's also a place where you can find links to a diverse range of professional organisations and charities that offer support on a variety of platforms.



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