

the award winning...



a voice for young people

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It took radio 38 years to reach an audience of 50 million. Television did it in 13 years. The Internet took four years... Facebook did it in a few months. Like young people, Social Media is the future... The best way to keep up to date with what's going on in youth media is to 'like' Exposure's Facebook page and follow us on Twitter. You can find both accounts by searching for 'ExposureOrg'. Thank you.



Arts & minds

By Sammie Hatter 18



'Masking the pain' by Kristina Volchkova 18

drugs but the current one is called Clozapine. It takes about six months to get into my system and work properly. It helps the confusion in my brain and makes me tired, which reduces my anxiety. I also have blood tests every week to check all is good.

Along with medication, I have Cognitive Behavioural Therapy, which helps me think in a clearer way. I also have one-to-one Psychotherapy, which is a talking session with a therapist discussing what's bothering me and helping me to understand my thoughts better.

Drawing makes me feel good. I was having Art Therapy, which is about drawing how you feel. It does not have to be good, it's just about getting feelings out and onto paper, and then talking about it with the art therapist. The artwork often speaks for itself and it's a good way to express yourself when some things are too painful to say with spoken words.

I'm trying to find a positive future. I've started college. I'm doing a course about people coming out of hospital and getting back into the community. I can meet other people who also have mental health problems and relate to them. Later on in life, I would like to take a course in interior design.

Life can be horrible. We should all make the most of the good times, which is what I try and do. Mental health problems cannot always be cured. Sometimes you need to learn to live and cope with it as best you can.

**Come to Exposure's FREE 'Mind Journeys' exhibition, representing young people's personal experiences of mental health issues at Bruce Castle Museum, Lordship Lane, London N17 8NU
6 June to 5 September, Wed - Sun, 1pm - 5pm. For details contact mirella@exposure.org.uk**

Life line!

Joy Synak 18 is overjoyed as major Foundation steps in to help rescue north London's youth media charity



Marlon Hunte and Anisha Kaur celebrate Exposure's success!

It's becoming hard to remember when Exposure wasn't in financial jeopardy. Anxiety loomed over young people and staff. We were even considering stopping production of our youth magazine, leaving many youths like me at a loose end.

I've always been interested in the media, but suffering from social anxiety in school cost me my qualifications. Without Exposure I'd be forced to give up on my dream to pursue a career in media. I'd be sentenced to whatever bleak future the job centre lined up for me.

Exposure means everything to a lot of us. So we were faced with a choice. Either cut our losses and let the magazine die... or fight.

Easy decision. Proving the project's worth and fundraising was the best

option. After an intense struggle, with stacks of applications completed, there was light at the end of the tunnel. The Esmée Fairbairn Foundation responded in our hour of greatest need, with funding to support our magazine for another three years!

Our editor, Gary Flavell – whose job the award will help safeguard – said: "It's fantastic news and a great start but the charity is not out of the woods yet, by any means. Hopefully Esmée Fairbairn's endorsement will convince other potential backers – both charitable and commercial – of the value of Exposure work."

I can't fully express my relief with the outcome. Like all the other young people that benefit from Exposure, I am overjoyed to know I still have access to this service.

My name is Sammie. I have mental health problems. This article is about my problems and how I want to move on to have a positive future.

I've been in and out of hospital for almost two years suffering from a natural chemical imbalance in my brain. This causes a lot of anxiety. Doctors have different opinions over my diagnosis and about what my problem is. I thought there would be a cure for me but there isn't one so I need to learn to cope with my problems.

My parents split when I was six. I'm unsure if my problem is solely down to this, but I think it's a factor. I became dependent on my mum, and I don't think she realised I needed to think for myself. Sometimes,

when parents are anxious it can make kids feel there same.

I changed schools a lot, which may have also played a part. I made some friends but I often felt I did not fit in.

Controlling my anxiety is hard but I think it will improve slowly, as I develop emotionally. My psychiatrist felt I did not develop properly mentally going into adulthood. Certain smells bring back memories, which can trigger my anxiety. Speaking about my past and going to new places also make me feel anxious.

Being in hospital taught me helpful strategies to manage my anxiety. I'm on medication for my condition. I have been on many