# Prince Harry champions youth-led mental health initiatives at Diana Award event



Prince Harry concluded his recent four-day visit to the UK by attending the Diana Award event in central London, where he engaged directly with young people about the positive impact of social action on mental health. At this gathering, he emphasised the importance of mental and emotional wellbeing, particularly among young individuals who may at times feel lost or isolated. Reassuring the group, he insisted, “there is nothing wrong with you,” addressing a common but often unspoken feeling among youth.

The Duke of Sussex's visit came shortly after his reunion with King Charles III, marking a significant moment in his public engagements. During the event, Harry listened to stories from young activists who highlighted how involvement in social causes has helped improve their own mental health. This aligns with his ongoing advocacy for mental health awareness and the reduction of stigma, a cause that resonates deeply with the legacy of his late mother, Princess Diana.

Speaking further on the subject, Harry discussed the broader impact of poor mental health on youth and their peers in a Q&A session, praising the award winners for their leadership in breaking down stigma and continuing important conversations around mental wellbeing. He expressed pride in their activism and compassion, underscoring the value of youth-led initiatives in fostering social change.

Prince Harry also touched on the language surrounding mental health, echoing comments he previously made at the Diana Awards event in New York, where he suggested replacing the term ‘mental health’ with ‘mental fitness.’ This concept is intended to promote a more proactive approach to mental wellbeing, encouraging young people to engage actively in their own mental health care. He highlighted the need for young voices to be included in decision-making processes, noting their courage and vision as essential for pre-empting issues before they escalate.

At the Diana Award ceremony, Harry paid tribute to his mother’s enduring influence, praising her belief in the power of young people to drive positive change. He commended the recipients for their activism and compassion, recognising that their efforts reflect the very spirit of Princess Diana’s own life and values. This tribute adds a poignant layer to his address, linking personal legacy with contemporary youth empowerment.

Beyond mental health, Harry has previously advocated for ‘fearless leadership’ that listens to and acts upon the insights of young people. During the launch of the Pledge To Invest initiative, he emphasised characteristics such as empathy, authenticity, and fearlessness in today’s youth — qualities he believes are critical for effecting meaningful change.

Overall, Prince Harry’s remarks at the Diana Award event encapsulate his commitment to mental health advocacy, youth empowerment, and social action. By encouraging young people to speak out when feeling isolated and promoting proactive mental wellbeing, he continues to build on the legacy of support and openness around mental health championed by his mother, while also shaping modern dialogues about youth leadership and resilience.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.independent.co.uk/tv/news/prince-harry-diana-mental-health-uk-visit-b2824995.html), [[2]](https://www.independent.co.uk/tv/news/prince-harry-diana-mental-health-uk-visit-b2824995.html), [[6]](https://www.the-express.com/news/royals/149728/Prince-Harry-anxiety-gesture-Diana-awards)
* Paragraph 2 – [[1]](https://www.independent.co.uk/tv/news/prince-harry-diana-mental-health-uk-visit-b2824995.html), [[2]](https://www.independent.co.uk/tv/news/prince-harry-diana-mental-health-uk-visit-b2824995.html), [[7]](https://www.pinkvilla.com/entertainment/hollywood/prince-harry-talks-about-his-mothers-belief-at-diana-award-ceremony-says-she-continues-to-inspire-him-1361441)
* Paragraph 3 – [[5]](https://www.thenews.com.pk/latest/1233120-prince-harry-gives-message-of-hope-at-major-event), [[2]](https://www.independent.co.uk/tv/news/prince-harry-diana-mental-health-uk-visit-b2824995.html)
* Paragraph 4 – [[3]](https://www.telegraph.co.uk/us/news/2024/09/23/prince-harry-new-york-diana-awards-mental-fitness/)
* Paragraph 5 – [[7]](https://www.pinkvilla.com/entertainment/hollywood/prince-harry-talks-about-his-mothers-belief-at-diana-award-ceremony-says-she-continues-to-inspire-him-1361441), [[6]](https://www.the-express.com/news/royals/149728/Prince-Harry-anxiety-gesture-Diana-awards)
* Paragraph 6 – [[4]](https://www.standard.co.uk/news/uk/las-vegas-bbc-prince-royal-courts-of-justice-khan-b1226307.html)
* Paragraph 7 – [[1]](https://www.independent.co.uk/tv/news/prince-harry-diana-mental-health-uk-visit-b2824995.html), [[5]](https://www.thenews.com.pk/latest/1233120-prince-harry-gives-message-of-hope-at-major-event), [[7]](https://www.pinkvilla.com/entertainment/hollywood/prince-harry-talks-about-his-mothers-belief-at-diana-award-ceremony-says-she-continues-to-inspire-him-1361441)

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## Bibliography

1. <https://www.independent.co.uk/tv/news/prince-harry-diana-mental-health-uk-visit-b2824995.html> - Please view link - unable to able to access data
2. <https://www.independent.co.uk/tv/news/prince-harry-diana-mental-health-uk-visit-b2824995.html> - Prince Harry concluded his UK visit by attending the Diana Award event in London, where he engaged with young people discussing how social action has positively impacted their mental health. He emphasised the importance of mental and emotional wellbeing, assuring attendees that feeling lost or isolated is common and that there is nothing wrong with them.
3. <https://www.telegraph.co.uk/us/news/2024/09/23/prince-harry-new-york-diana-awards-mental-fitness/> - During the Diana Awards in New York, Prince Harry suggested replacing the term 'mental health' with 'mental fitness' to encourage a more proactive approach to mental wellbeing. He highlighted the significance of involving young people in decision-making processes to address issues before they escalate, stating that their courage and vision are essential for positive change.
4. <https://www.standard.co.uk/news/uk/las-vegas-bbc-prince-royal-courts-of-justice-khan-b1226307.html> - At the launch of Pledge To Invest, Prince Harry praised the empathy, authenticity, and fearlessness of young people in today's world. He emphasised the need for fearless leadership and the importance of listening to and acting on the advice and vision of young individuals to create positive change.
5. <https://www.thenews.com.pk/latest/1233120-prince-harry-gives-message-of-hope-at-major-event> - During a Q&A session at the Diana Award event, Prince Harry discussed the impact of poor mental health on young people and their peers. He acknowledged the leadership of award winners in breaking down stigma and continuing conversations about mental health, expressing pride in their activism and compassion.
6. <https://www.the-express.com/news/royals/149728/Prince-Harry-anxiety-gesture-Diana-awards> - Prince Harry attended a panel for The Diana Award, where he paid tribute to his mother's legacy and discussed the mental health challenges young people face today. He highlighted the importance of mental health and its impact on everyone, from the youngest to the oldest.
7. <https://www.pinkvilla.com/entertainment/hollywood/prince-harry-talks-about-his-mothers-belief-at-diana-award-ceremony-says-she-continues-to-inspire-him-1361441> - At the Diana Award ceremony, Prince Harry spoke about his mother's belief in the power of young people to drive positive change. He commended award recipients for their activism and compassion, noting that their efforts are true to how his mother led her life and what she believed in.