This paper aims to study the youth mental health development project carried out by Beijing No. 19 Middle School. This is a public welfare project aimed at improving the psychological resilience of young people, enabling them to better adapt to changes and challenges in life, and achieve their goals and dreams.

In this project, we drew on the experience of the “Linxian Heart FM” part of the Linxiang Youth Psychological Support Plan to conduct weekly popular science propaganda on mental health knowledge, in order to help young people establish a healthy psychological state. The project team has also carried out a series of activities to promote the physical and mental health of young people. For example, the project provides a psychological technology experience hall, which provides accurate psychological health counseling services for young people and their families in Guangzhou through innovative activities and psychological counseling.

It is worth mentioning that we drew on the research results of the mental health of British youth, which showed that the COVID-19 pandemic has had an impact on their mental health. This impact varies depending on the mental health status and socio-economic status, which provides important reference value for our project.

The project team has also implemented a series of training and publicity activities, such as service package preparation, teacher training, and pre-experiment, to improve the universality of the project and enable more young people to receive this service. Our goal is to provide personalized psychological health support and measures to alleviate the unequal impact of the pandemic on the mental health of young people.

In the process of project promotion, we have also faced many difficulties, including the lack of effective intervention methods for severely mentally ill young people. However, we will actively promote the optimization of the project to guide the standardized implementation of project research in various pilot areas and schools. We believe that this project will help more young people, improve their mental health level, enable them to become people with self-awareness, emotional regulation, and interpersonal communication skills, better adapt to various challenges and changes in life, and achieve better life development and happiness.