

# Children and Young People's Mental Health



How many young people aged between 5 and 16 have a mental health disorder ?



850,000



300,000



1,500,000

This means in an average class of 30 schoolchildren, 3 will suffer from a diagnosable mental health disorder

75% of mental health issues are developed  
by what age?



Age 14



Age 8



Age 18

50% of mental health issues are developed by Age 14

12.5% of young people have medically unexplained symptoms, how many of these also have anxiety or depression?



Around 50%



Around 30%



Around 25%

Many children with long term conditions have symptoms that cannot be fully explained by physical disease

Having a mental health problem increases the risk of physical ill health

# What are some of the long term effects of mental health issues in childhood?



Poorer educational attainment and poorer employment prospects, including the probability of 'not being in education, employment or training'



Impact on social relationships and increased risk of drug and alcohol misuse



All of the above



All children and young people may go through difficult life events at some time in their lives, but some are more likely to develop mental health disorders.

Such as those who have experienced trauma in their lives or due to disability, deprivation or neglect and abuse

# How many people with a mental health condition access support?



5% - 10%



25% - 35%



50% - 60%

The inescapable fact is that failure to prevent and treat children and young people's mental health problems comes at a heavy price, not only for the wellbeing of the children concerned and their families, but also for taxpayers and society because of increased future costs

# Ideas from LINX for a Mental Health Leaflet

- Have one leaflet for young people and one for foster carers
- Make it eye catching and colourful with bold text that is easy to read
- Have useful phone numbers listed such as Talk Zone
- Also have a poster
- Also have a website and apps
- Could be in 'chat box' format

# Topics in the Leaflet

- Trust Issues
- Self-esteem
- Self-harm
- Depression
- Stress
- Who can help such as CAMHS, CBT, Art therapy, social worker or IRO