**How Individual People Can Help Young People with Mental Health Issues**

**Social Worker**

* Use appropriate language to needs for young people to understand (no jargon).
* Promote health/assessments/appointments.
* Support families and carers.
* Support attendance at appointments.
* Be supportive.
* Care.
* Listen.
* Be honest.
* Understand.
* Let them know you care.
* Make time.
* Coping strategies.
* Be consistent.
* Know what is available (outside support).
* Empathise.
* Advocate.
* Make sense.
* Resources.
* Making you feel valued.

**Friend**

* Help them through the door if they have wheelchairs.
* Pick up medication.
* Make meal.
* Speak for them if they cannot speak.
* Translate to our language if they cannot speak English.
* Invite over to your house.

**Health Professional**

* Support and advice.
* Actively listen.
* Checking physical as well as mental health.
* Raise the profile of the issue in communities.
* Source relevant treatment.

**Carers**

* Stability
* Routine
* Love
* Consistency
* Knowing when to get involved and when to step back for young people's independence.
* Good active listener.
* Know what is available "support wise" in their area.
* A good balance of 'rules', 'guidance' and 'fun'.
* Funding towards extra services.
* Good trusting relationship between young people and carers.
* Access local services.

**Corporate Parenting Board**

* Challenge and change things that are not working.
* More funds
* Mental Health of staff as well as young people.
* Members of staff trained.
* Act as a voice.