

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.