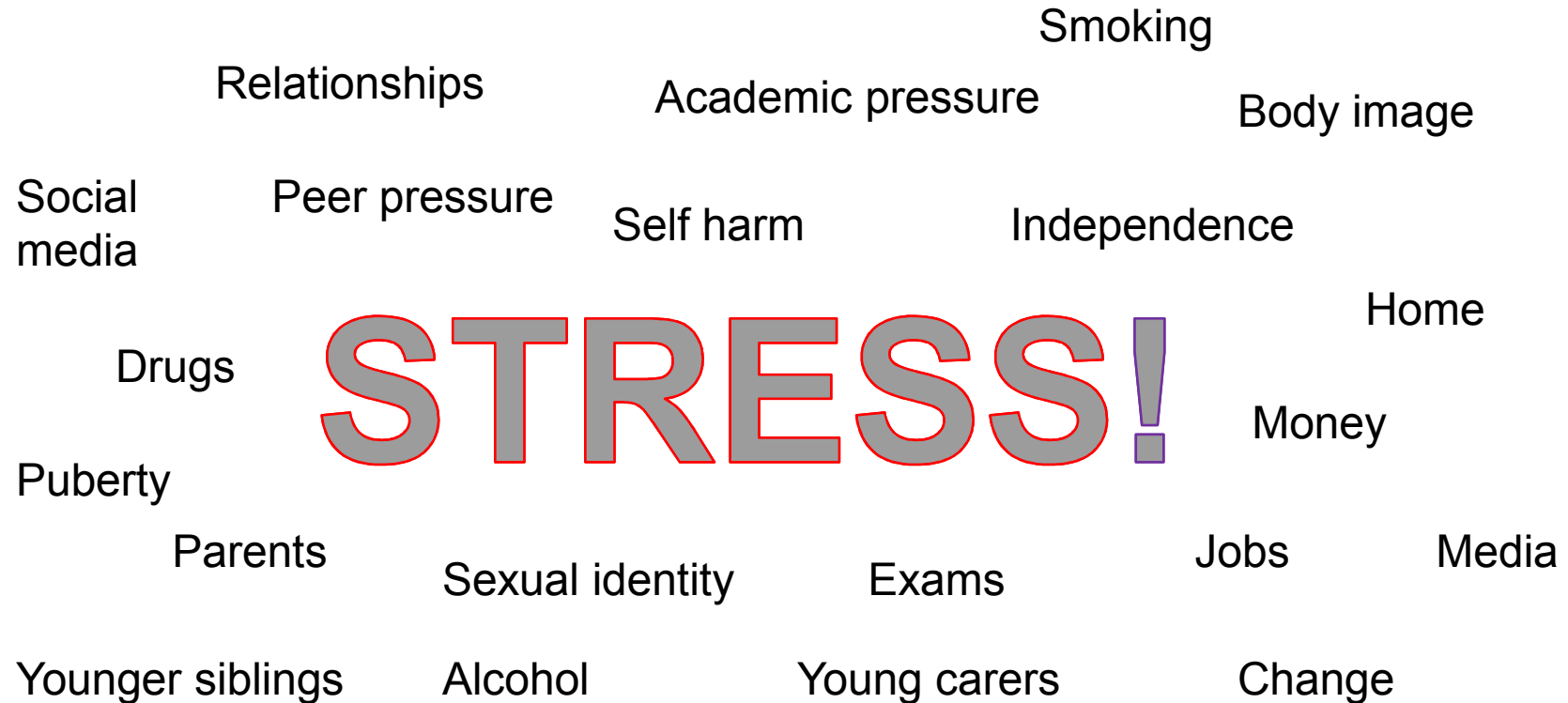


# What Young People need to help them cope



# Young People face...



and only we know how much.

# Young People and Mental Illness

- ❖ 1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder;
- ❖ That is around three children in every class;
  
- ❖ Between 1 in every 12 and 1 in 15 children and young people deliberately self-harm;
- ❖ Around 25,000 are admitted to hospital every year due to the severity of their injuries;
  
- ❖ For secondary school age children (11 – 16):
  - ❖ About 195,000 (4.4%) have an anxiety disorder;
  - ❖ About 62,000 (1.4%) are seriously depressed;
  
- ❖ British Medical Association estimates that 1.1 million children under the age of 18 would benefit from specialist mental health services.

# Quotes from Young People in a York School

It's like a weight has been lifted off my shoulders. I am more confident and can make decisions for myself.

I am happier both in school and at home because I can deal with things.

When my life was full of difficulties, there were people in school who listened to me and helped me.

I have grown stronger because of this and I am not failing any more.

# **Young People and Emotional Well-being in York**

## **During the year 2011-2012**

- ❖ About 1300 children and young people were referred to CAMHS via the Primary Mental Health Workers
- ❖ About 900 went on to be supported by specialist CAMHS
- ❖ About 300 of these had serious mental illness such as anxiety and depression
- ❖ 80 young people were seen in hospital by the CAMHS duty team following an overdose or another serious form of deliberate self harm
- ❖ 278 young people 16-25 approached Castlegate for information about counselling
- ❖ The Young Person's Mental Health Worker at Castlegate supported over 100 young people with mental health needs

# Reducing Stigma

- ✪ People are fearful of things they don't understand
- ✪ Education can help to remove ignorance, fear and prejudice
- ✪ Diagnosis should be left to the professionals
- ✪ Teachers and young people themselves should be able to access specialist help
- ✪ Everyone needs tools/ knowledge to enable them to stay mentally healthy and cope with life's stresses

## Why are we campaigning for better mental health awareness?

Annex D

Mental Health and Well-Being affects every Young Persons' life...

PSHE Curriculum Area	What do young people say they are currently learning?	What do young people say they want to learn?	Difference
Emotional Health & Well-being	44%	90.67%	106.06%
Being A Parent	35%	71.67%	102.83%
First Aid	40%	78.00%	96.64%
Managing Your Money	45%	60.33%	34.07%
Body Image	44%	57.00%	29.55%
Careers	73%	70.67%	-3.64%
Equality	80%	71.67%	-10.42%
Sex	78%	63.33%	-18.45%
Relationships	65%	52.00%	-20.00%
Physical Activity	69%	52.00%	-25.00%
Drugs	78%	54.00%	-30.47%
Learning About Work	76%	49.67%	-34.36%
Healthy Eating	82%	52.00%	-36.59%
Alcohol & Tobacco	86%	54.00%	-37.21%
Staying Safe	90%	48.67%	-46.13%

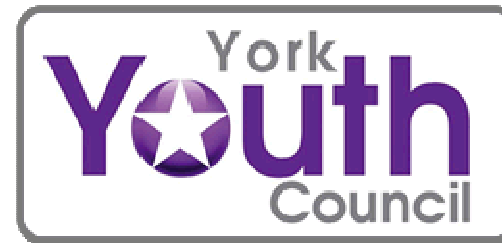
...so why don't we talk about it in schools?

# We realised...

- ✿ Pupils' School Work gets affected by a pupil's ability to deal with the things going on their lives:
  - bereavement,
  - terminal illness,
  - poverty,
  - bullying,
  - parents with drug problems,
  - parent loosing their job,
  - family break-up,
  - academic workload
- ✿ Young people need a safe supportive environment in which to learn and achieve;
- ✿ Specialist services need to be provided for everyone who needs them: so, we need to make sure we identify the people who need them.



York Youth Council is a body of young people that come from all over York to volunteer and influence decisions that affect every young person in York. We campaign for a more youth-friendly York and we represent young people from every background.



Annex D

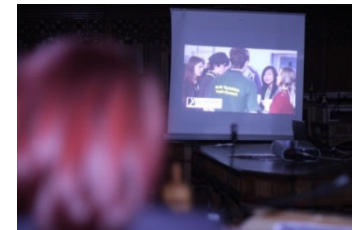


Every year, we choose what our three campaigns should be based on issues brought up by young people in our constituency.

# What York Youth Council are doing?

Annex D

- ✪ We have created schemes of work. Six lessons on well-being each year covering different issues from Yr 7 -11
- ✪ We have commissioned a teaching resource to be part of the lessons
- ✪ We are part of the working group to create the mental health toolkit for secondary schools
- ✪ We have created a Mentally Healthy School Charter
- ✪ We want to recognise the achievements of schools as they progress through the actions on the Charter, with a tangible three-level, Minding Minds School Award
- ✪ We are feeding our ideas in to the nation UK Youth Parliament Campaign



# Film about Stress

<http://www.youtube.com/watch?v=nzGIXER5fdc>

# Minding Minds School Award

- ✪ If a school has a comprehensive Emotional Wellbeing Strategy and is teaching mental health in the correct way, then we can give **Bronze Award**,
- ✪ **Silver Award** if the school have achieved the points above and 2 more of the action points and
- ✪ **Gold Award** for achieving all 12 actions on the Mentally Healthy School Charter

# Now, over to you...

You've seen us tell you what young people think about York. So, here's our question for you: what do you want to achieve for young people's well-being in your area?