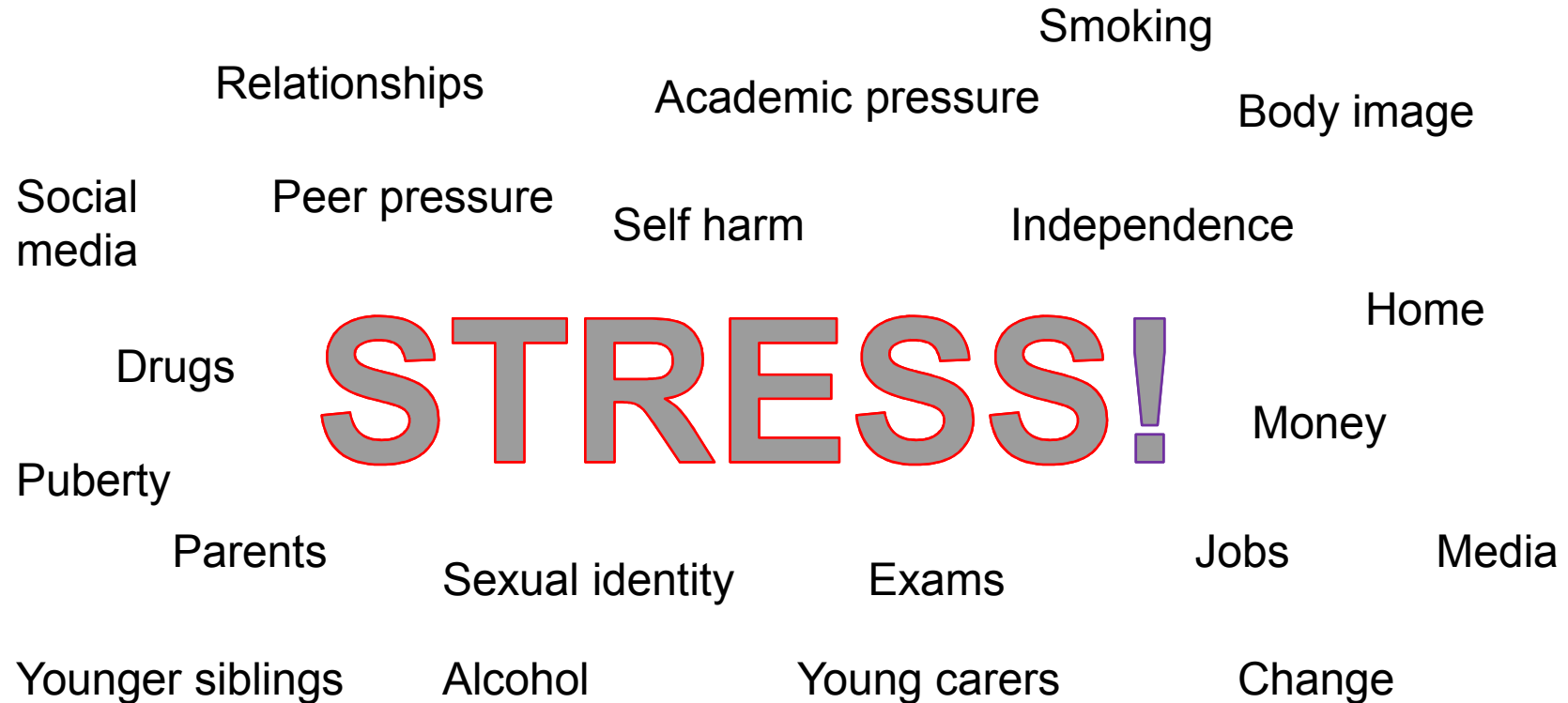


What Young People need to help them cope



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?

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

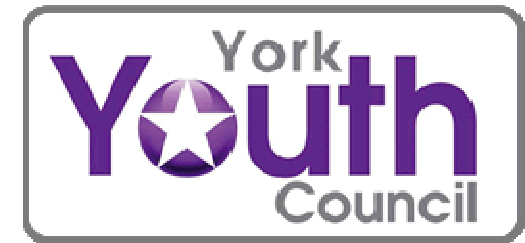
PSHE Curriculum Area	What do young people say they are currently learning?	What do young people say they want to learn?	Difference
Emotional Health & Well-being	44%	90.67%	106.06%
Being A Parent	35%	71.67%	102.83%
First Aid	40%	78.00%	96.64%
Managing Your Money	45%	60.33%	34.07%
Body Image	44%	57.00%	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.



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?

- ✪ 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 me 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?