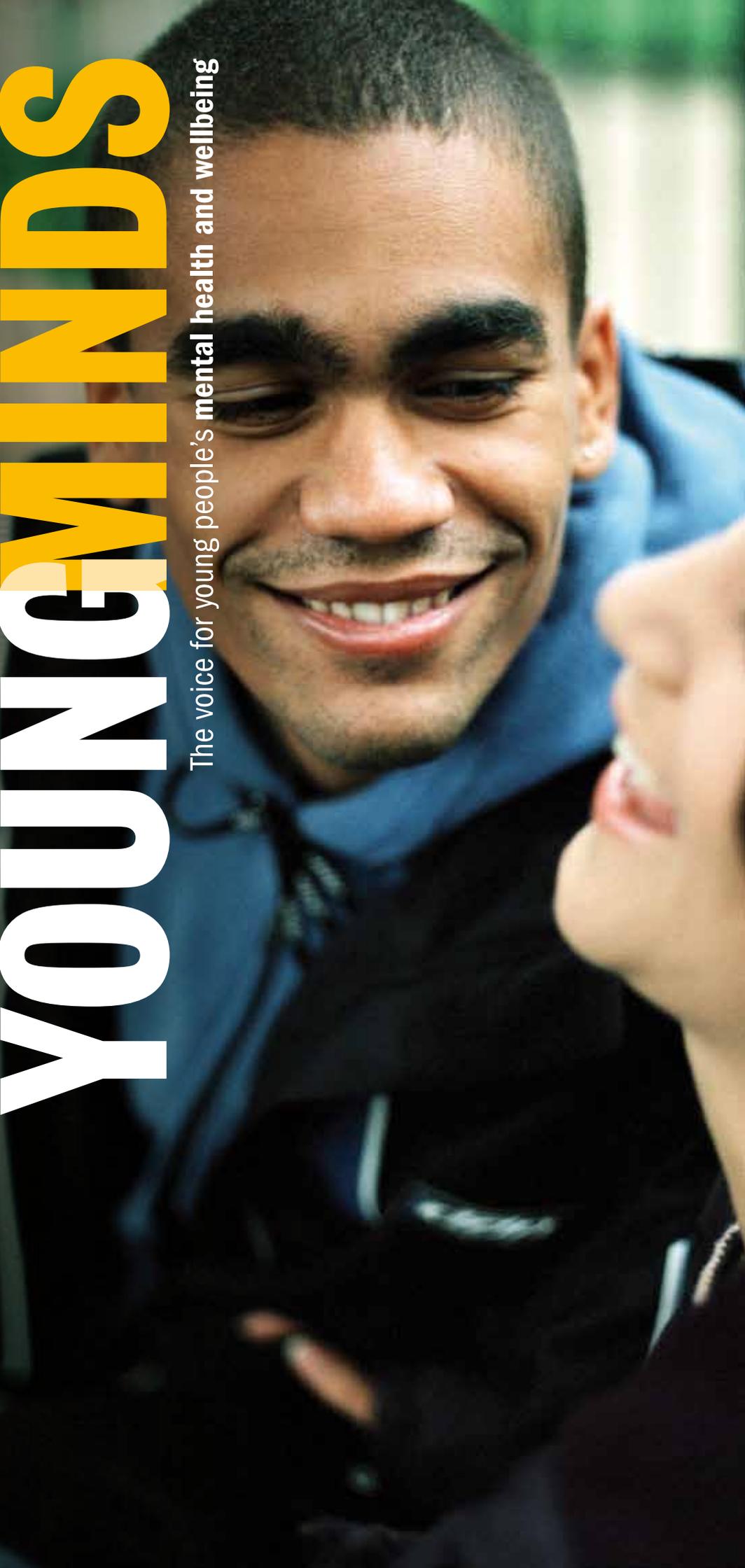


# YOUNG MINDS

The voice for young people's mental health and wellbeing



# WHAT'S THE PROBLEM? HOW WE HELP

**1 in 10** children and young people aged 5 – 16 suffer from a diagnosable mental health disorder – that is **around three in every class**.

YOUNGMINDS is the only UK charity dedicated to **improving the mental health and emotional wellbeing of children and young people** and empowering their families and carers.

Parents Helpline:  
**0808 802 5544**  
Lines open 9.30 – 4 Mon-Fri



## WHY IS MENTAL HEALTH EVERYONE'S BUSINESS?

Sadly many thousands of children are isolated, unhappy, have eating disorders or self harm. More young people suffer from depression today than ever before. Stigma surrounding mental health is still a powerful negative influence which means children and young people are not getting the support they need. Disruptive, difficult, withdrawn and disturbed young people need to be supported and not just ignored and told off. Investing in high quality services and early intervention support for young people not only reduces misery and loneliness but enables children and young people fulfil their potential, and lead happy, healthy lives. It makes financial sense too by saving millions in future costs to the criminal justice system, NHS, education and social care costs.

## WHAT DO WE DO?

- Young people with mental health problems are at the heart of everything we do. Their voices are central in all our lobbying and influencing work. Our VIK (Very Important Kids) influence politicians, policy makers and professionals to improve services and they campaign on behalf of the mental health needs of all children and young people.
- We have a twenty year track record of highly successful campaigning and in raising awareness to improve young people's mental health and wellbeing. All our work is evidence based and our policy, research and campaigns influence local, regional and national services. Go to our website to view our influential reports that have led to major change.



# 1 in 12 young people self harm

# 95%

of imprisoned young offenders have a mental health disorder. Many of them are struggling with more than one type



# 850,000

children and young people aged 5-16 have mental health problems

- Our popular and highly rated parents helpline (0808 802 5544) provides a free and confidential service to thousands of parents and carers each year who are worried about the emotional problems or behaviour of a child or young person. The telephone service is supported by a specialist call back service, email and online support through our parents' forum.
- We produce an essential range of accessible publications in an easy to read format about children and young people's mental health and wellbeing. These are used by professionals who work with young people across the UK and many thousands of these publications are sold every year.
- We provide training, research, evaluation and specialist support services to statutory and voluntary sector agencies across the UK.
- Deliver awareness raising programmes in schools and training for teachers about children and young people's emotional development and mental health. We provide these services across the UK with a focus on London.
- Published bi-monthly, YOUNGMINDS Magazine provides mental health and children's professionals with the latest news, features, research, practice and opinions affecting children and young people's mental health and wellbeing.

# 1 in 5 young women show signs of an eating disorder

# 45%

of children in care have a mental health disorder – these are some of the most vulnerable people in our society



#### IN THE LAST YEAR:

- **Our Parent's Helpline** received over **5000 calls** for advice and help
- **93% callers** said they were **very satisfied** with the service and would recommend it to their friends
- **1,107,884 hits** to our website
- **Training Days** were delivered to **2,425 people**
- **Out of the Shadows** reported on the progress of age appropriate provision following the Mental Health Act 2007
- **Young people created** their own **highly acclaimed manifesto** leading to meetings with senior politicians from all parties
- We produced **training manuals** and **resources packs** about **Children and Young People's Mental Health** for **Plymouth Health Authority**, for the **National Youth Agency** and **Department of Health**, and for the **Scottish Government**.
- An **Action Research Report** was published for the Scottish Government about building resilience in schools
- **3,046 children** and **1,440 teachers** and parents attended our mental health awareness sessions.
- Over **250,000 information leaflets** were sold for parents, children and professionals
- **230 young people** were members of our **'Healthy Heads'** virtual panel
- **20 young people** joined our **VIK Group** (Very Important Kids)

Visit our website [youngminds.org.uk](http://youngminds.org.uk) – a comprehensive resource on mental health and wellbeing to access policy research, YOUNGMINDS campaigns, celebrity interviews and information for parents, professionals, children and young people.

**Become a member of YOUNGMINDS, join our campaigns, support our work or simply access our resources.**

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