

NHSGG&C

Mental Health Improvement & Early Intervention for Children and Young People Framework

Overview

- The statistics
- NHSGG&C Child and youth mental health improvement and early intervention framework
- Resources
- Looking after yourself

Statistics

- Every year 1 in 10 young people experiences a mental health problem
- Over $\frac{3}{4}$ of mental health problems have their onset by the age of 20
- 11% of 18-34 year olds report having attempted suicide and 16% report self-harm at some stage in their lives
- Suicide is the largest cause of mortality for young people under 35
- Young people in the youth justice system are 3 times more likely to experience a diagnosable mental health condition than children who don't offend
- Children affected by learning disabilities are 4 times more likely to have a diagnosable emotional mental health problem
- $\frac{3}{4}$ of children raised in local authority residential homes meet with criteria for a psychiatric diagnosis

Mental Health Improvement & Early Intervention for Children and Young People



One Good Adult

Importance of dependable adult to supporting and protecting mental health of children and young people – e.g. strengthen parenting, mentoring, guidance, befriending initiatives

Resilience Development in Schools

Whole school approach to mental health and wellbeing – ethos, curriculum, positive behaviour, anti-bullying, pastoral care

Resilience Development in Communities

Strong network of youth services, voluntary and community organisations, confident and skilled to support and intervene

Guiding Thru the Service Maze

Children, families & young people have range of support options for early intervention and can be helped to find their way to appropriate help quickly

Responding to Distress

Frontline staff in many agencies are confident and supported to intervene and help children and young people in situations of distress, including self harm and risk of suicide

Peer help & Social Media

Those who share their problems enjoy better mental health - build opportunities for young people to provide peer support, and to use social media for wellbeing

This strategy is underpinned by tackling poverty, disadvantage & inequalities as well as having GIRFEC core values and principles at the heart of it.

Positive about Wellbeing

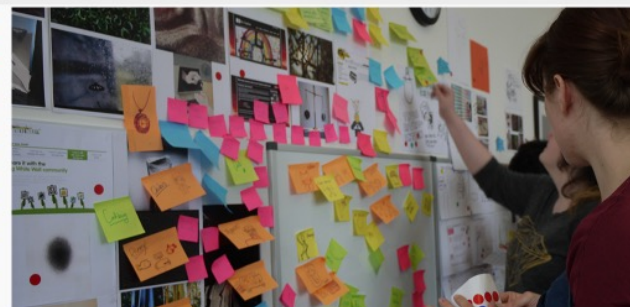
Aye Mind is on a mission to improve the mental health and wellbeing of young people – by making better use of the internet, social media and mobile technologies. We are working with young people aged 13 to 21 to create and share a wide range of resources. We're also making a digital toolkit for all who work with young people too, to boost their ability to promote youth wellbeing.

The project is a partnership between Greater Glasgow and Clyde NHS, Snook, the Mental Health Foundation and Young Scot, with a wide range of local partners involved too. Aye Mind is a **"work in progress"**, so check back often for new stuff!

Read on or [contact us](#) if you have any questions.



Young People



Professionals

Toolkit

This toolkit has been developed to assist you, youth workers, when using digital approaches to youth mental health. It includes practical information, case studies, online resources and reflection material for anyone interested in learning more about new technology, health and wellbeing.

There are various separate chapters you can go through, online and printable. You can read these at your own time and pace. We encourage you to try out and test different online platforms with us.

Aye Mind does not offer direct support for mental health issues and is not continuously monitored for messages. If you need an ambulance, call 999. If you're in distress or need immediate help, [click here](#) to find a list of services you can talk to.



Before you start



Mental health



Why digital?



Online lives

Before you begin exploring it's

We all have mental health just as

If we live and work with young

What does the life of young



Delivering better health

www.nhsggc.org.uk

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....