

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

Overview

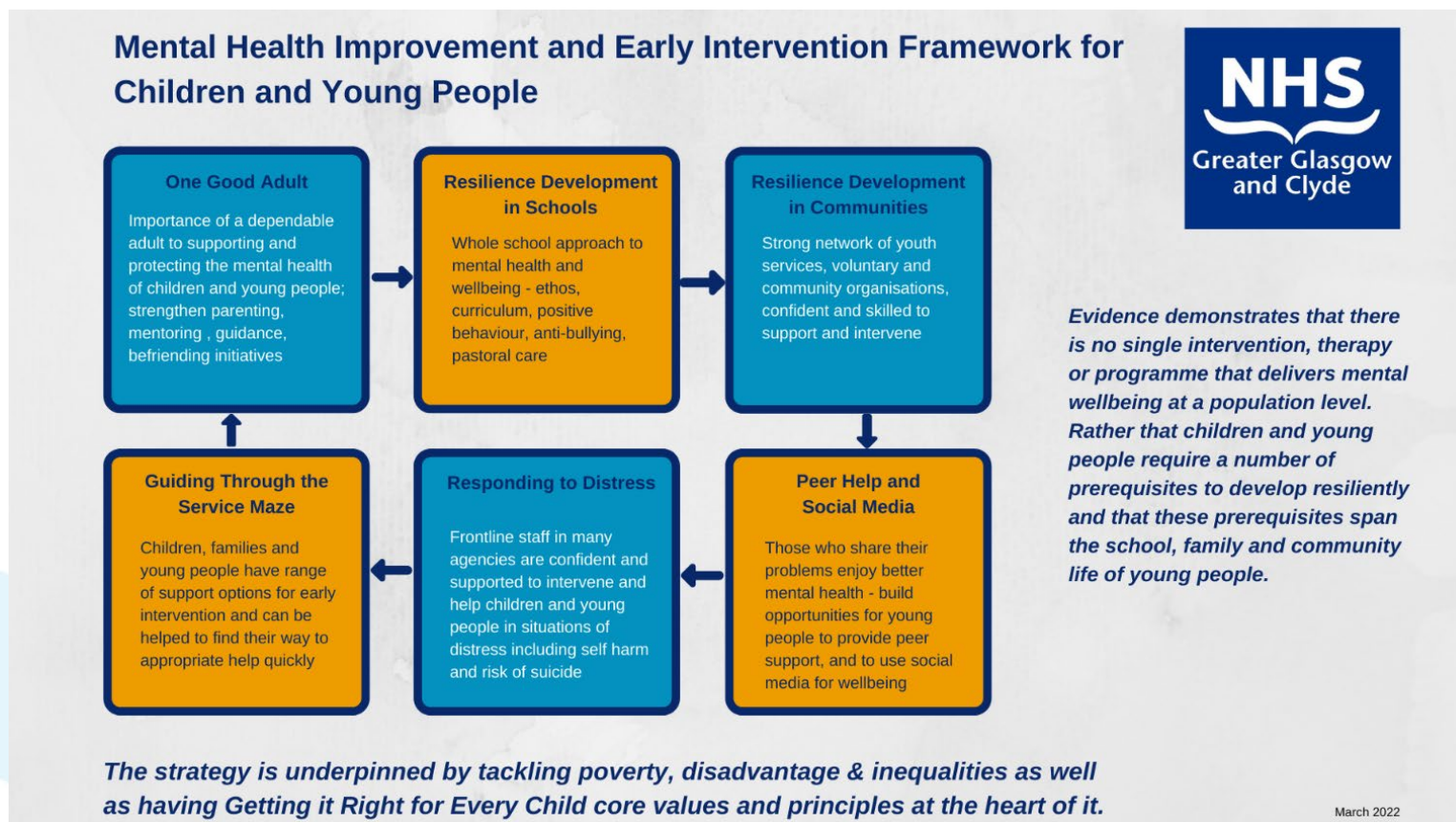
- The statistics
- NHSGGC Child and youth mental health improvement and early intervention framework
- Resources
- Looking after yourself



Statistics

- In 2023, 1 in 5 children and young people aged 8-25 had a mental health difficulty
- 1 in 3 young carers are estimated to experience a mental health problem
- Young women aged 17-25 are twice as likely to have a mental health problem compared with young men of the same age
- Young people who identify as LGBTQ+ have higher rates of common mental health problems and lower wellbeing than heterosexual young people
- Young Refugees and asylum seekers are more likely to experience poorer mental health than the general population
- Children from the poorest 20% of households are **4 times** as likely to have serious mental health difficulties by the age of 11 as those from the wealthiest 20%

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





Get help

[Aye Mind Activities](#)

[Resources and Organisations](#)

[Supporting Young People](#)

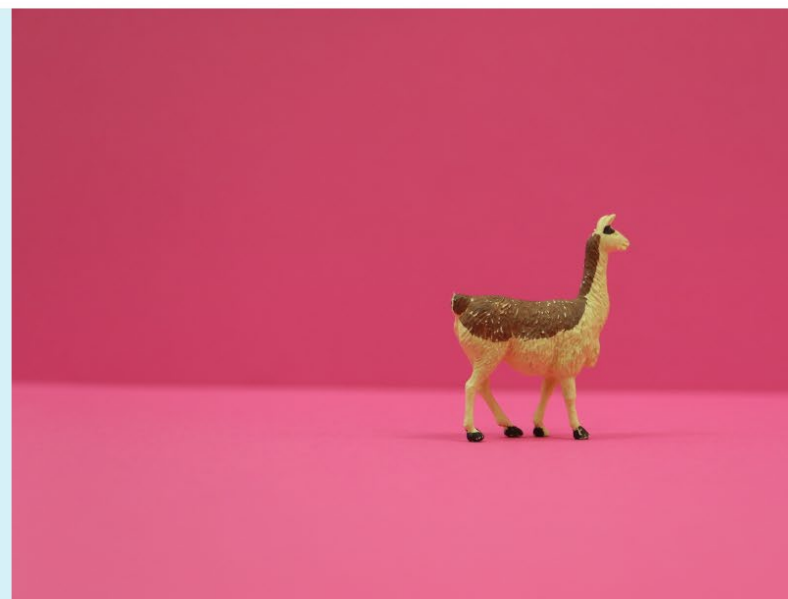
[Contact](#)

[About](#)

Aye Mind Activities

Activities to support young people's
mental wellbeing

Activities



Toolkit

This toolkit was 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.

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....