

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

Overview

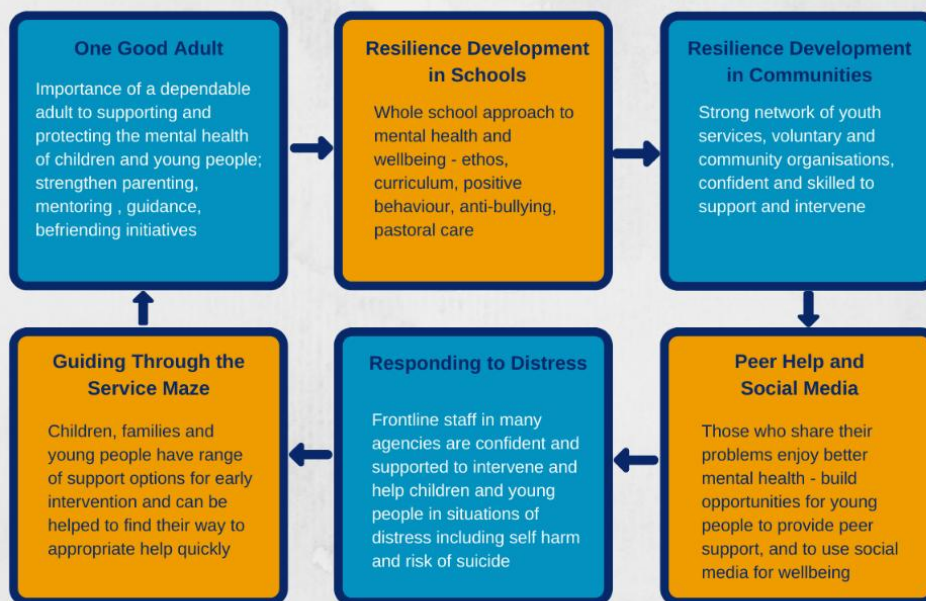
- The statistics
- NHSGGC Child and youth mental health improvement and early intervention framework
- Resources
- Looking after yourself

Statistics

- In 2025, over 1 in 5 children aged 8-16 in Scotland have experienced mental health problems
- Over half of young carers in the UK say their mental health has worsened because of their caring role
- 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 in Scotland in financially struggling households twice as likely to experience poor mental health

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Evidence demonstrates that there is no single intervention, therapy or programme that delivers mental wellbeing at a population level. Rather that children and young people require a number of prerequisites to develop resiliently and that these prerequisites span the school, family and community life of young people.

The strategy is underpinned by tackling poverty, disadvantage & inequalities as well as having Getting it Right for Every Child core values and principles at the heart of it.

March 2022



Get help

[Aye Mind Activities](#)

[Resources and Organisations](#)

[Supporting Young People](#)

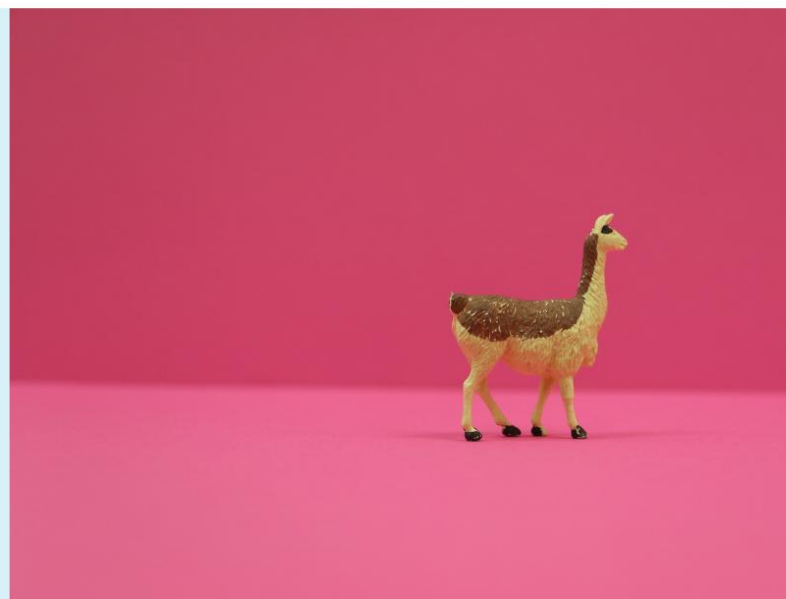
[Contact](#)

[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.....