Mental Health Improvement and Early Intervention Framework for Children and Young People and Positive Mental Attitudes Resource Pack



One Good Adult

Encourages young people to speak to a trusted adult if they feel they need help or advice to support and protect their mental wellbeing

Resilience Development in Schools

Supports staff to deliver the experiences and outcomes for mental, emotional, social and physical wellbeing

Resilience Development in Communities

Supports youth services,
voluntary and community
organisations to deliver a
programme to raise
awareness of mental health

Guiding Through the Service Maze

Highlights the range of support options for early intervention that young people can access to help support their mental health

Responding to Distress

Staff have an awareness of mental health issues and have the knowledge and skills to support, signpost and/or refer for specialised support if required

Peer Help and Social Media

Highlighting the importance of peers and how they can support mental health. Promotion of online and offline resources

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.