# **Mental Health Improvement and Early Intervention Framework for Children and Young People**

#### **One Good Adult**

Importance of a dependable adult to supporting and protecting the mental health of children and young people; 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 Through the Service Maze**

Children, families and 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 and 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

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.



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.