

Wiltshire Council

**Health and Wellbeing Board
2 December 2021**

**Subject:
Mental Health Consultation**

Executive Summary

The Child and Youth Voice Team consulted with young people from across Wiltshire about their mental health and what they thought of the services available to them. 175 young people took part in a survey and the team visited various support groups to speak with those that have accessed Wiltshire's mental health offer. The findings were presented to Wiltshire Council Leaders and during that meeting actions were agreed to be taken forward to ensure that the young peoples views were acted upon. One of the actions is to bring the report to the Health and Wellbeing Board to share.

Proposal(s)

To hear the voice of children and young people and give consideration to their concerns and ideas for improvement regarding access, delivery and outcomes of services for mental health and wellbeing.

Reason for Proposal

To share findings from the Mental Health consultation and consider recommendations for improvement.

[Presenter name]

[Title]

[Organisation]

Purpose of Report

1. To give young people the chance to tell us their experiences of mental health services in Wiltshire and give their recommendations about what needs to happen next.

Relevance to the Health and Wellbeing Strategy

2. The H&WB strategy highlights the importance of localisation:

‘Enabling communities to be stronger and more resilient, solving problems for themselves, working together with partner agencies and the voluntary sector to meet their health and wellbeing needs.’

Summary of survey findings

3. Children and young people want a coordinated, joined up approach so they don't have to wait for the mental health support they need. They would like support to be easily accessible in their local area.
4. Young people consulted suggested drop-in centres in the community to support their mental health and well-being, where they could meet others and receive peer-to-peer support. Wiltshire's care leavers told us that they would like a space where they could meet other care leavers as loneliness and isolation came out as their biggest worry.
5. Young people are concerned about access to timely mental health support and would want a reduction in waiting times.
6. Young people would like their mental health taken seriously at the first point of contact for help. "Take people with mental health seriously don't minimise and patronise those who are seeking help." Of 146 young people who said they had mental health problems, 61% told us they accessed support through their GP, 25% of these young people didn't feel listened to and that they didn't get the help they needed.

Children and young people's recommendations

7. Anonymous mental health 'drop ins' at youth clubs and doctors' surgeries (one suggestion was as an 'active therapy space').
8. Peer to peer support from those who understand what they are going through.

9. Greater assurance that accessing mental health support will help and be a safe experience.
10. Posters to advertise mental health support available to young people at youth clubs, police stations, bus stops, train stations and in schools.
11. Good access to transport links (buses and trains that are safe) so young people can go to youth clubs and other settings to get help when needed.
12. Improved access to WIFI so young people can stay connected to friends and distract themselves.
13. An easily accessible list of Mental Health support available, that is easy to understand and includes the service criteria and waiting times.
14. A reduction in waiting times and, if having to wait, ensuring interim wellbeing support is in place.

[Presenter name]

[Title]

[Organisation]

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