



Child and Youth Voice Mental Health Consultation

Findings for our Leaders

What we wanted to find out?

We wanted to consult with children and young people in Wiltshire to find out what their experiences of mental health and mental health services are in Wiltshire.

What we did?

We consulted with young people in various settings.

These groups included:

- Young HealthWatch
- CAMHS Youth Forum
- Youth Club
- UASC Scheme (Wiltshire Wildlife Trust)
- Young Carers
- Members of Youth Parliament
- Children in Care

We did this by visiting the young people in their youth settings and having chats with them.

We invited young people that have had experience of using a mental health service to take part in a consultation sessions.

We had one to one meetings with young people, giving them a safe space for them to tell us their stories.

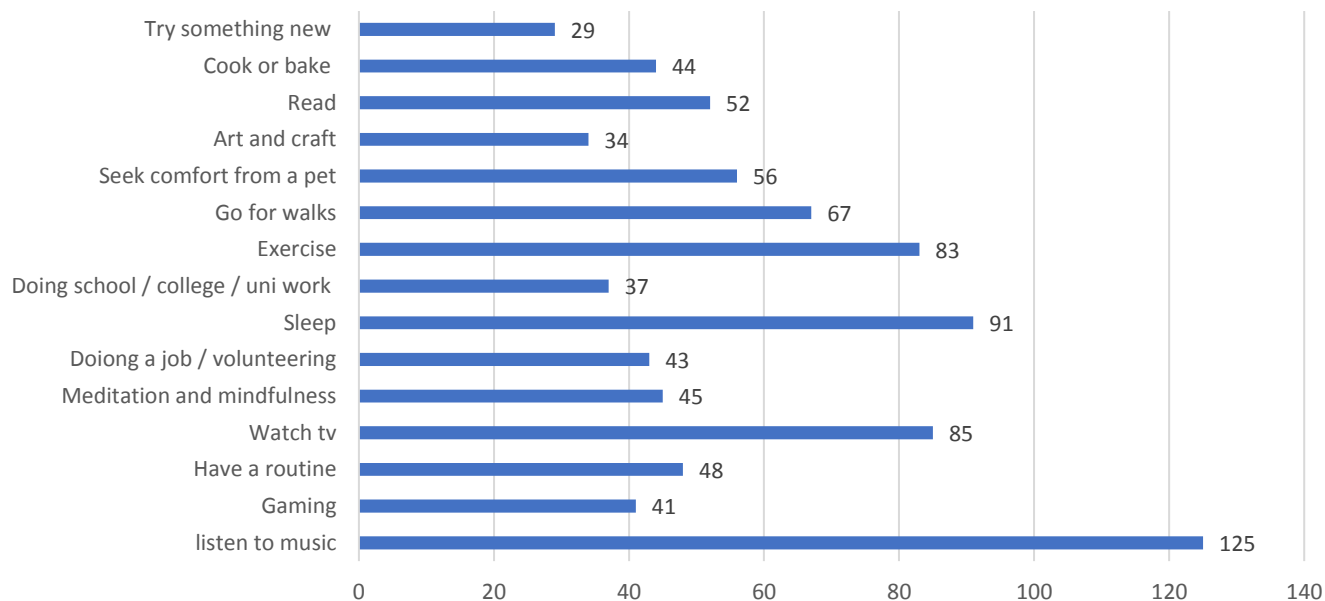
We constructed a survey which we promoted on social media.

What we found out?

We have analysed what we found out. We have got the raw data which we can provide if you would like this.

We found out that 54% of the young people in Wiltshire that completed our survey do experience mental health difficulties (90 out of the 167 that responded). We found out that young people in Wiltshire use lots of creative ways to help them with their mental health (Chart one).

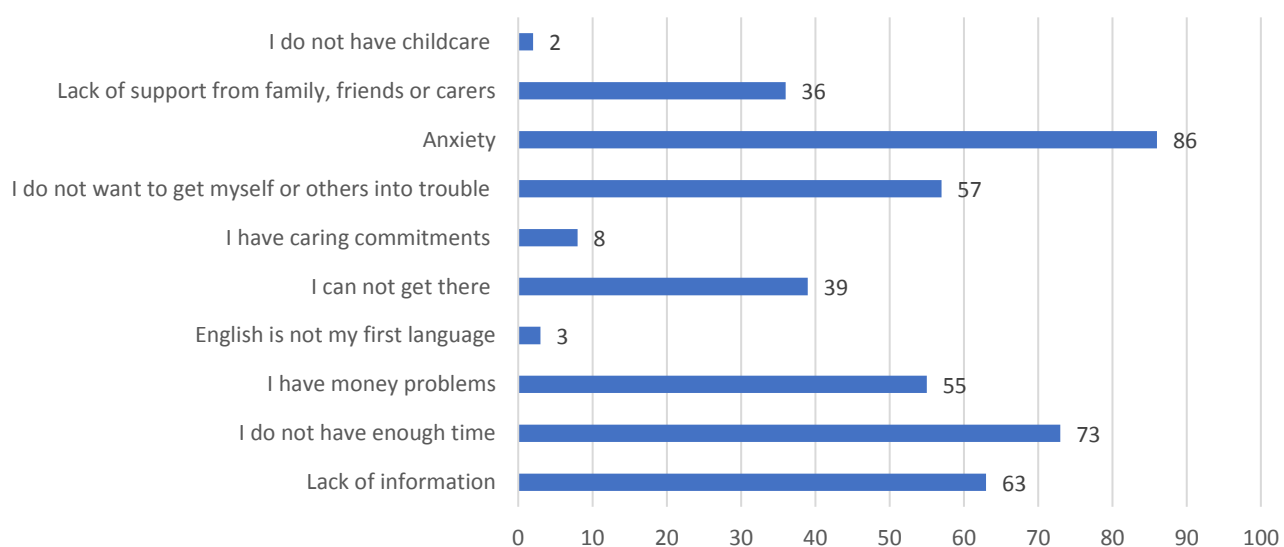
Chart One: What other things do you do to help your mental health?



We found out that young people usually tell their Mum or Dad if they need help or support for mental health. This made us realise that it might be hard for children in care to tell someone. One member of our Children in Care Council Stated that “I would tell my friends if I had a problem with my mental health, they understand me more than adults. Some of my friends have parents who work in mental health or are nurses, so they might be able to help. I personally don’t open up to adults who I may only see once or twice a year.”

We found out that there are lots of barriers to accessing mental health support (Chart two)

Chart Two: What would stop you from accessing support for your mental health?



We found out that having access to WIFI, travel and things to 'keep you distracted' are important for staying well with mental health.

We found out that many young people are confused about where they can get help for their mental health. They are also worried that seeking mental health support could make them more anxious or cause problems.

What we think would help?

- Anonymous mental health 'drop ins' at youth clubs and doctors' surgeries. One young person said something like an 'active therapy space'. We thought this was a really good idea. Young people need to know that accessing mental health support will be a safe experience and will not cause them more problems.
- Posters to advertise mental health support at youth clubs, police stations, bus stops, train stations and in schools.
- Good access to transport links (buses and trains that are safe) so young people can go to youth clubs and also get help if needed.
- Access to WIFI so young people can stay connected to friends and distract themselves.
- An available easy to understand list of what Mental Health Support is out there which includes service criteria and waiting times.
- Reduce waiting list times and put support in place whilst we wait.

Authored by:

Child and Youth Voice Team, with the help of young people

Date:

16/07/2021