

Engaging with Children and Young People to develop Mental Health services: Mental Health & Me



Members of staff from the CCG were delighted to be part of a project to engage with children and young people about what they need from mental health services.

The engagement work led by the Youth Cabinet and Future in Mind Group undertook this work to help inform plans for mental health services.

Over 2,000 11-17 year-olds took part in a survey, sharing their views on the causes of stress for young people today, where and when they would most prefer to talk to professionals if needed and reasons why they may not seek support.

Some of the key findings that emerged from the engagement was around children and young people feeling most worried about school or college. There were also suggestions around the need for somewhere informal that young people can go if they need help. Other key areas were around addressing the stigma around mental health, friendships and body image.

The CCGs Commissioning Team took part in 2 events organised by the Youth Cabinet and have made a pledge to carry on listening to young people and to make sure they are involved in the delivery plans.

One of our GP leads Dr. Jayne Davies chairs the Future in Mind group.

She says;

“We know that there’s lots we still need to do. The survey showed that there’s still a stigma around asking for help; young people don’t want to be seen as attention seekers, and we want to be able to offer parents and carers more support around how to talk to and support teenagers with their mental health.”

“It’s been fantastic to work with young people on the plans. The Future in Mind group will now be concentrating on putting the plans into action. We will keep listening to

young people, involving them in the design of each piece of work as we go along and will keep them informed on how things progress.”

