

# Young People's Mental Health

## The Challenges & the Opportunities

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*mentoring*

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# Welcome

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Lynette Halpin & Kevin Woods

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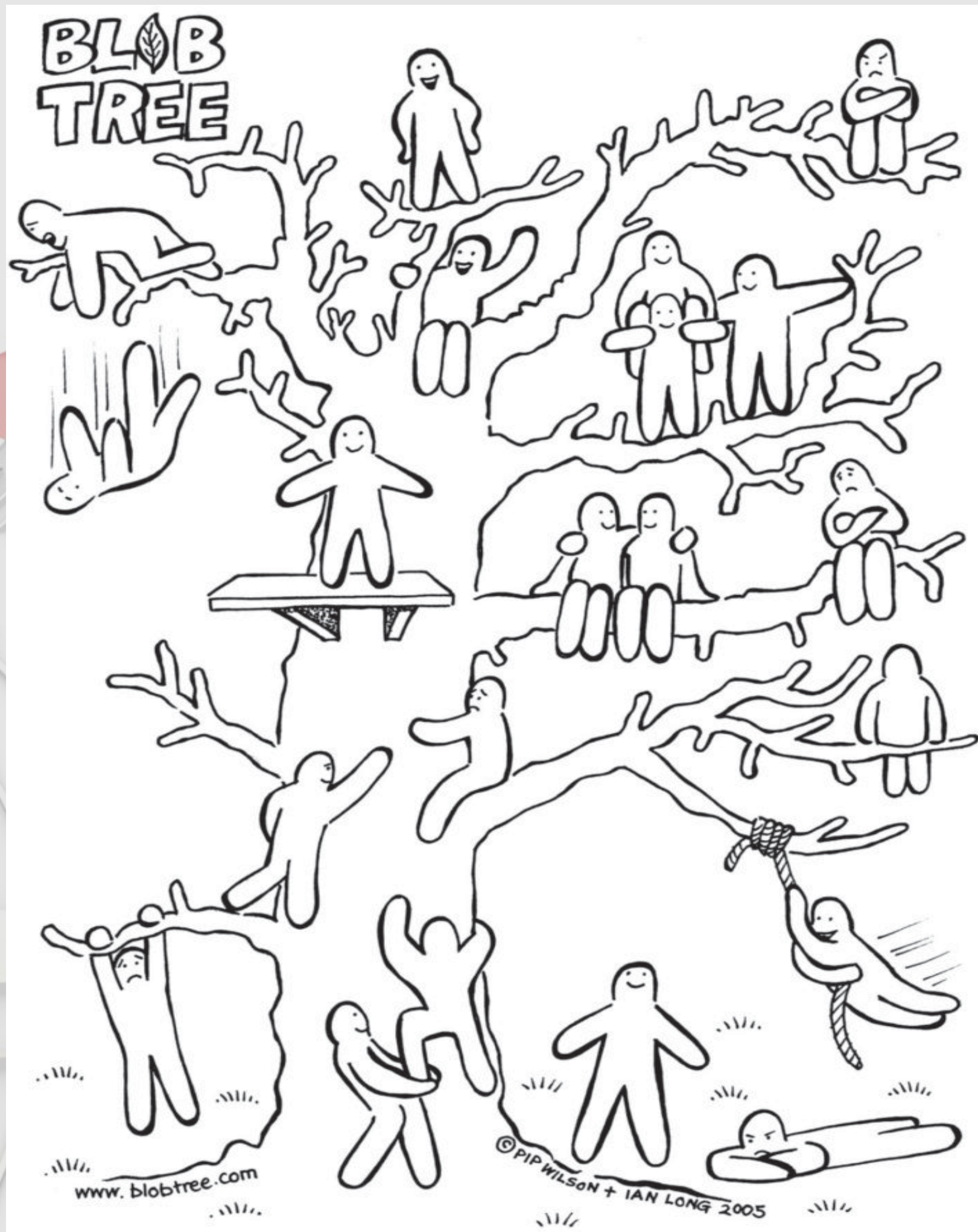


# Plan for the session:

- Welcome
- Blob Tree
- Mentimeter – What do you know?
- Group Activity– Worry Identifiers.
- Survey Results
- Group/Personal Activity (Matrix) – Opportunity for engagement.
- Round-up.
- Doing nothing, is not an option.



# Blob Tree





## Additional data

### Norfolk & Suffolk NHS Foundation Trust – 2011

Severe & persistent MH problems that will need highly specialised & intensive intervention.

% child population 0.075% **112** children in Suffolk

Serious & complex problems that will need multidisciplinary specialist help.

% child population 1.85% **2775** children in Suffolk.

Moderate serious problems that will need brief specialist help.

% child population 7% **10500** children in Suffolk.

Mild to moderate problems that will respond to early intervention.

% child population 15% **22500** children in Suffolk.

## Additional data

**Norfolk & Suffolk NHS Foundation Trust – 2021 population figures if extrapolated from 2011 data gives the following level of need.**

Severe & persistent MH problems that will need highly specialised & intensive intervention.

% child population 0.075% **112** children in Suffolk, *but now = 152*

Serious & complex problems that will need multidisciplinary specialist help.

% child population 1.85% **2775** children in Suffolk, *but now = 3750*

Moderate serious problems that will need brief specialist help.

% child population 7% **10500** children in Suffolk, *but now = 14188*

Mild to moderate problems that will respond to early intervention.

% child population 15% **22500** children in Suffolk, *but now = 30403*

[chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.healthysuffolk.org.uk/asset-library/SoCS/population-and-families.pdf](https://www.healthysuffolk.org.uk/asset-library/SoCS/population-and-families.pdf)



# Mentimeter

What three things do you think  
have the biggest affect on young  
people's mental health today?

Join at [menti.com](https://menti.com)

Enter code: 2757 5400



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<https://www.mentimeter.com/app/presentation/alp7c6argrdfvprrqzdbi1do6np3f8vg/ddosrrndaymh>



# Group Activity

**Ranking young people's worries!**  
**Your perceptions**

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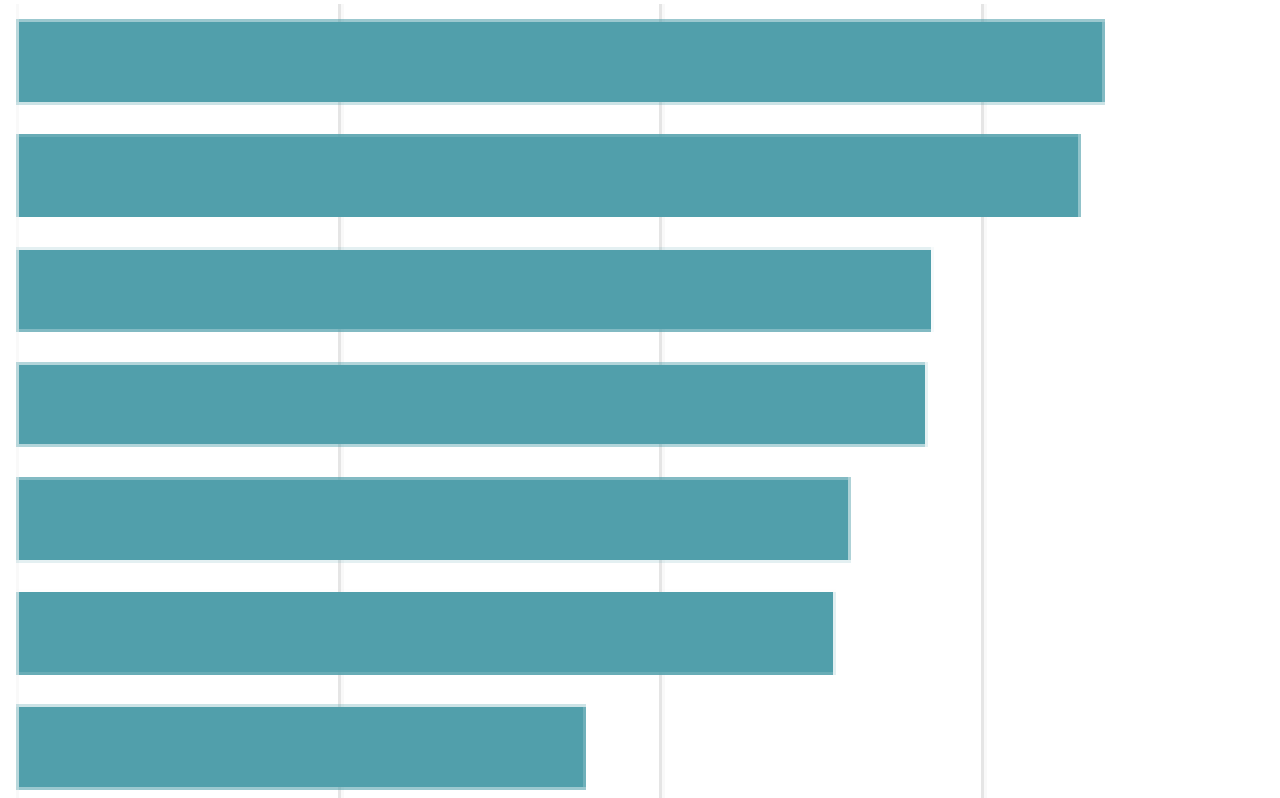
# Ranking young people's worries!

## The reality (Localised)

5. By moving the topics below, rank them in order of which causes you the **most** to least worry in your life (most worrying at the top)

[More Details](#)

- 1 My future and planning ahead
- 2 My studies/learning/education
- 3 My friends relationships and the...
- 4 My family and/or relationships i...
- 5 My health and wellbeing
- 6 My identity, confidence and self...
- 7 My participation in activities an...



A few key points nationally:

1. In 2023, about 1 in 5 children and young people aged 8-25 years had a probable mental disorder.
2. Among 8–16 year olds, rates of probable mental disorder were similar for girls and boys.
3. More than 1 in 4 children aged 8-16 years with a probable mental disorder had a parent who could not afford for their child to take part in activities outside school.
4. Young women aged 17 to 23 years were less likely to be optimistic than young men about having enough money.

<https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2023-wave-4-follow-up>



A few key points locally:

1. In 2021, 2.4% of Suffolk school children had a record of social, emotional, and mental health needs, an increase of 0.8 percentage points from 1.6% in 2015.
2. In 2021/22, Suffolk's self-harm rate for young people aged 10-24 was statistically significantly higher than the national average. The rate is 16.4% higher than the national average.
3. New referrals to secondary mental health services per 100,000 in Suffolk are statistically significantly higher than the national average.

<https://www.healthysuffolk.org.uk/asset-library/JSNA/Mental-health-children-young-people.pdf>

A few key points from our survey:

1. We have a higher rate of girls reporting they have poor mental health than boys.
2. Of those identifying as trans, non-binary or non-conforming 53% reported to have poor mental health.
3. Nearly 1 in 20 who report to eating 3 meals a day, have good sleep and partake in physical activity at least 3 times a week still report to having poor mental health.
4. Of those living in rural areas, 13% felt unsafe in the area where they lived and 16% felt isolated.
5. 31% of those completing the survey said that they don't do any physical activity outside of school.





# Reflection- individual Activity

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156 respondents (11%) answered **talking** for this question.

...  
Talk to people  
mind off of things  
Talk to a trusted  
talk to my mum  
deep breaths  
worry  
breathing  
things  
talking  
Breathe  
playing  
breathing exercise  
watching  
time  
listening to music  
deep breathes  
talk to my friends  
Talk to a parent  
telling my parents  
Talk to family



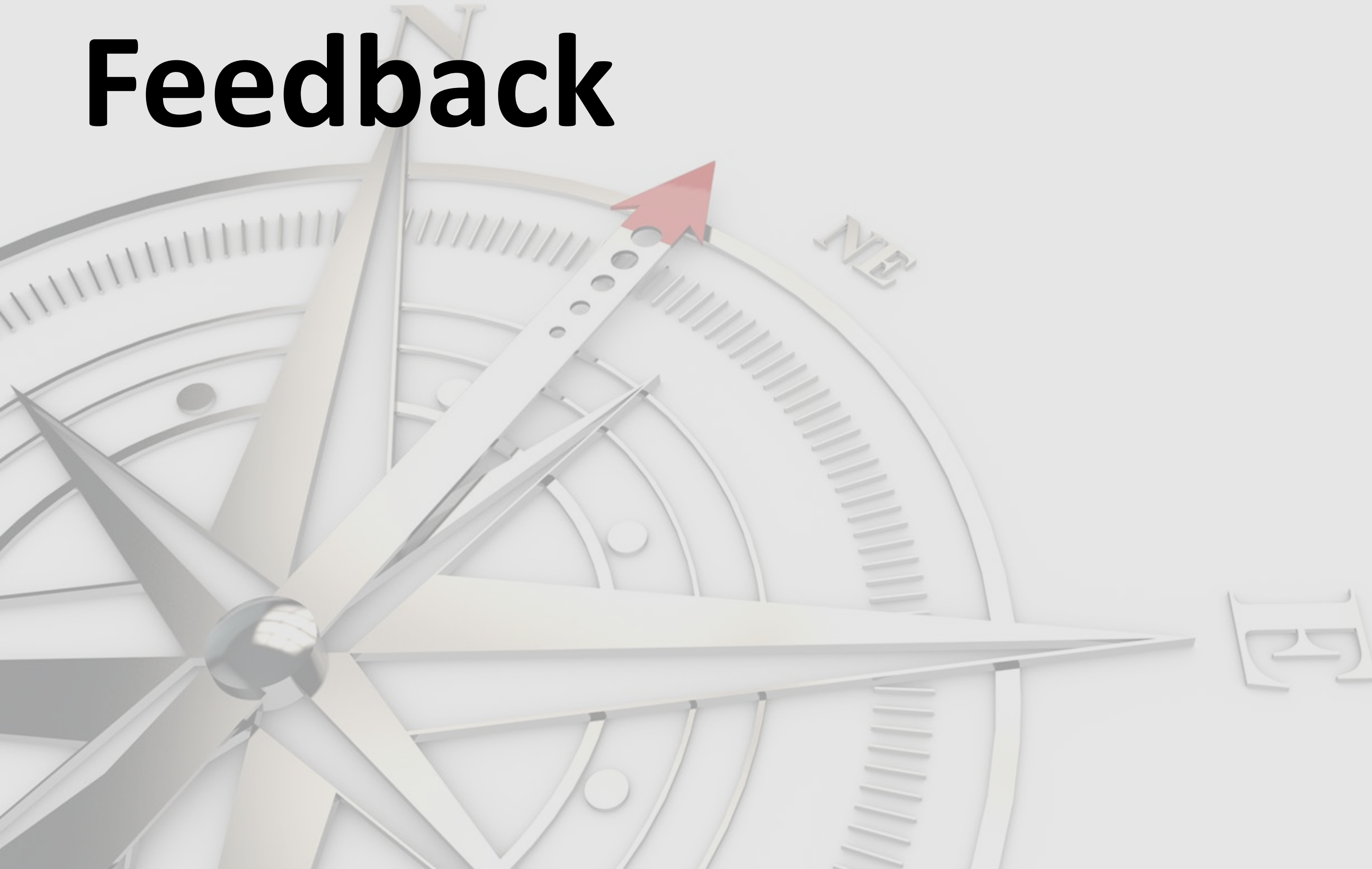
# Session round up

**Doing nothing  
is not an option!**

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# Feedback



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