YOUNGMINDS

What Young People Are Telling Us

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At YoungMinds we:

- Provide support and advice to help young people look after their own mental health. Our online support was viewed by young people over 3 million times in 2022. With 57 mental health guides and over 300 blogs written by 14-25 year olds
- Making sure young people have adults around them who can **really** help. Parents Helpline helped 15,000 families
- Run innovative pilots, training and participation programmes with schools, the NHS and other services
- Are building a youth-led movement, through which young people can create the societal changes they want to see to improve mental health

There is a crisis in young people's mental health.

The amount of young people presenting at A&E with serious mental health needs, has tripled in the last **ten** years

3 out of 4 young people who reach out for help don't get it

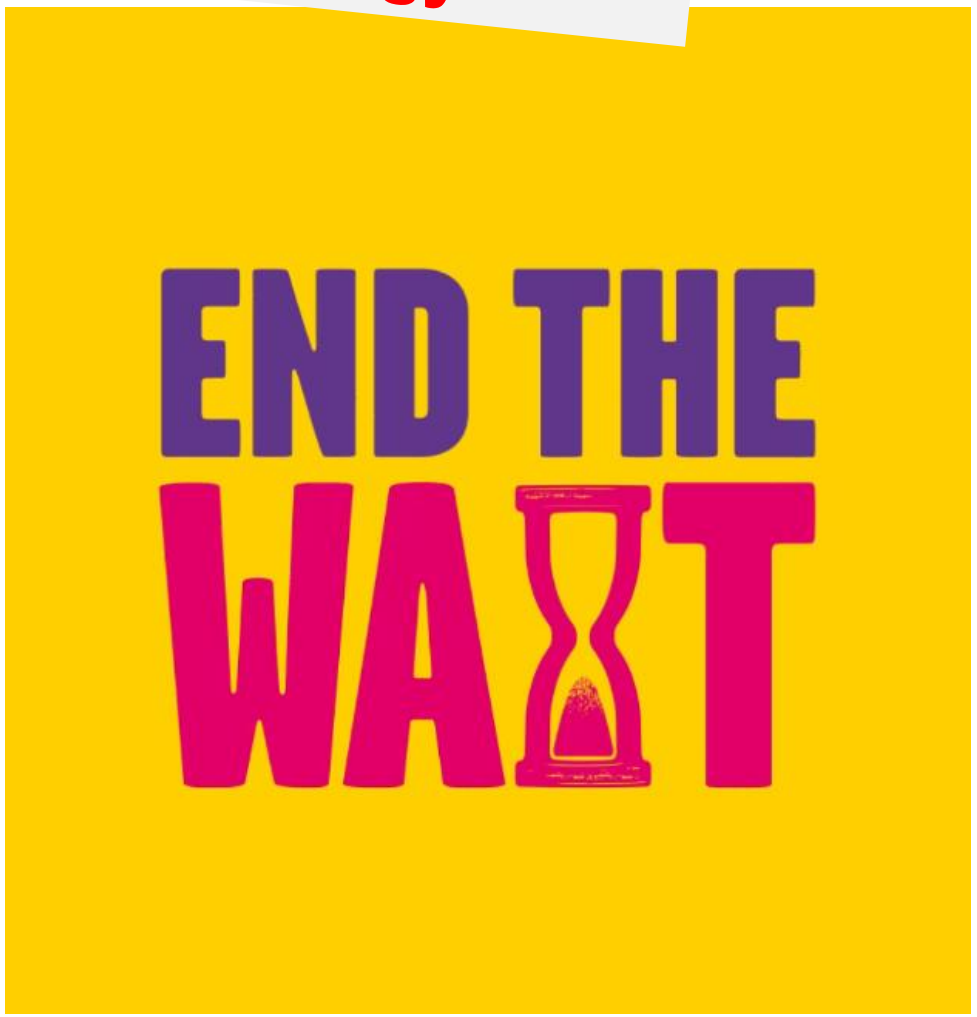
Record Numbers of young people are being referred for help

18.0% of children aged between 7 and 16 and 25.7% aged 17-19 with a probable mental health disorder.

The Government's Long Term… …tal Health

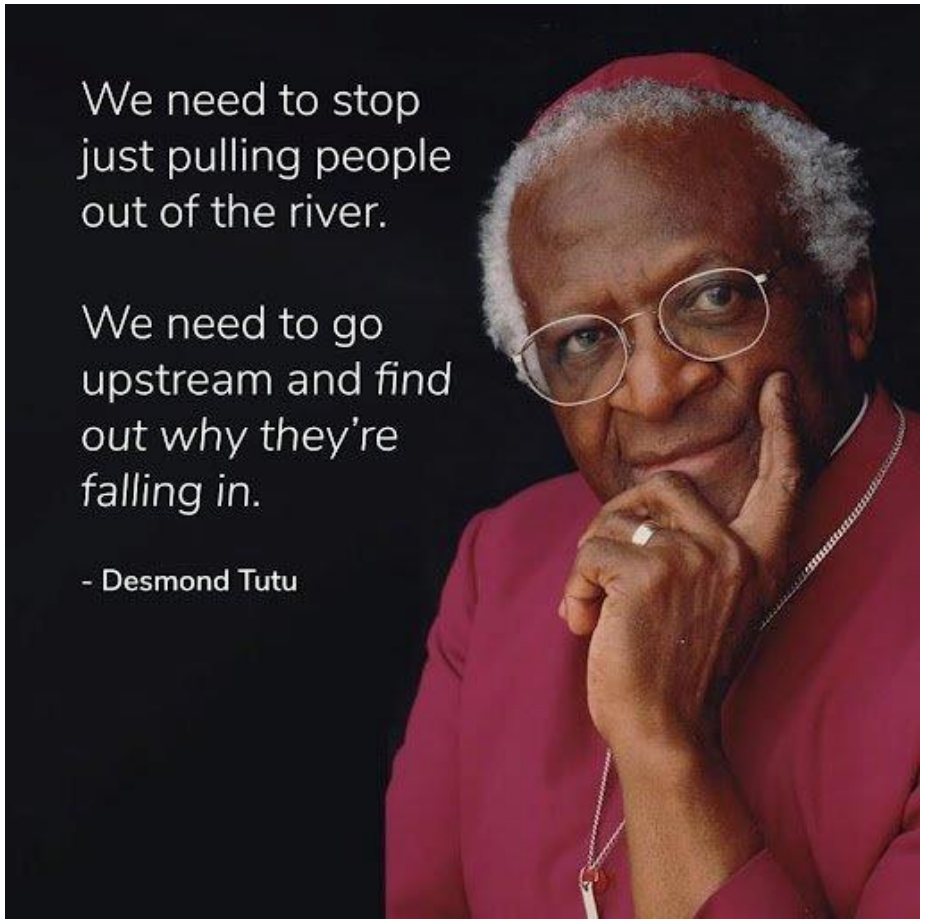
Major Conditions Strategy

- **An "ambitious" plan for Mental Health. The government want(ed) "young people, at the heart of that plan"**
- **Innumerable working groups looking at everything from data quality to online harms.**
- **Government/Mind/YM joined together and 14,000 young people said they wanted:**
  - **An Early Mental Health Support Hub in every community**
  - **Mental Health Support Teams in 100% of schools along with a review of embedding them in a whole school approach**
  - **A roadmap to the four week wait for CAMHS and a review of thresholds**
  - **A clear pledge to reverse the numbers of young people with a probable mental health condition**

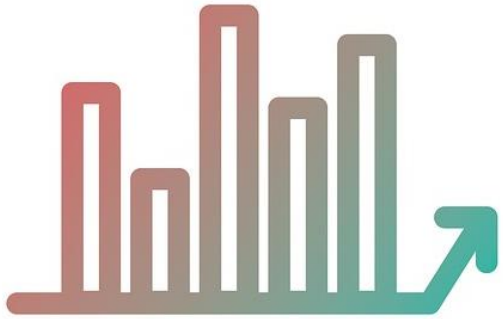


Wait…

- As a campaigning organisation we've made brilliant progress securing major policy breakthroughs and securing new funding
- But… even if we got every "policy ask" we've ever asked for, demand for services would still outstrip supply
- We've gone way past the point where we can carry on as we've always been doing
- That's why we wanted to step back and look at what is really driving this crisis. To deconstruct the system.



Datasets



- **The Big Young People's Mental Health Survey (2021)**

Survey of over 14,000 young people and workshops with 64 young people. Nationally representative sample of just under 4721 young people.

- **Insight groups with minoritised young people (2021)**

Insight groups with Black, Muslim, asylum seeking and refugee and disabled young people.

- **The Government's 10 Year Plan for Mental Health consultation survey (2022)**

Survey of nearly 14,000 young people and workshops.

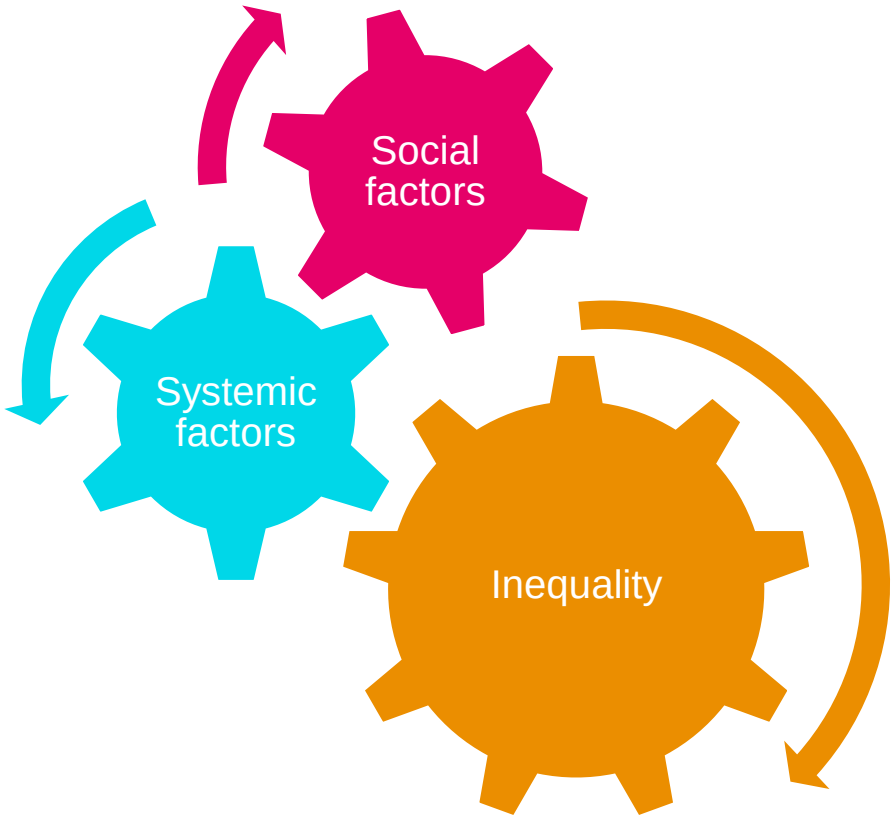
- **YoungMinds x BeanoBrain longitudinal study (Spring 2021 – Autumn 2022)**

Documents the experiences of 11-25 years olds across a 2 year period.

2 major drivers….

1. This generation of young people blames itself for the problems they face.

2. This generation don't feel the way the world is set-up will work for them. They will get a worse deal than their parents.



Five themes we want to explore further

1. Social systems and Structures
2. Mental Health Services
3. Inequality and discrimination
4. Global Crisis
5. Society, relationships and the world around us

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Social systems & structures

- Young people made it clear that **social systems and institutions are harming their mental health**.
- The Government, the media, education, the economic system, the police.
- These systems uphold inequality and are not fit for purpose.
- Systemic change is needed - **young people want the entire system to be overhauled and improved**.

"Mine and all of my family's mental health would improve immensely if we didn't have to choose between affording to heat our home or eating."

Only 12% of young people believe the Government take their mental health seriously

Mental health services

- Young people gave us key insights into their experiences with mental health services.
- The **barriers they face** to support and experiences of **inequality and discrimination** within services.
- Despite being a part of the systems/structures in society, mental health services is separate to the others mentioned in this report in that it's specifically there to improve young people's mental health.

Over 70% of young people have looked for support for their mental health

59% of young people said their mental health got worse during the wait for support

Inequality & discrimination

- We found that inequality and discrimination underpinned the failures of the social systems
- It’s rife in society and majorly impacts young people and their mental health.
- In order to improve mental health outcomes, we need to stamp out social inequality and discrimination so that all young people have a fair chance at life.

33% of young Black people report experiencing class inequality, and 19% report experiencing poverty, higher than any other ethnic group

Global crisis

- Global issues like **climate change, war and conflict and public health** weigh heavily on the minds of young people.
- The vast majority of young people told us they worry about things like climate change and war and conflict
- Many feel as though the Government aren’t doing enough to reduce the impact of climate change which makes them fear for their futures.

89% of young people worry about issues like climate change and war and conflict

Society, relationships and the world around us

- Young people opened up on how they feel about the world around them, including their views and experiences of society, their relationship with their friends and families, and their attitudes towards themselves.

86% of young people feel pressured to do what society expects of them

93% feel worried about loneliness and isolation

71% say that public attitudes affect them negatively

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And what do they want…

- They still want Hubs…..
- But they want the government to start a bigger conversation about what it means to grow up in the UK
- YoungMinds wants the government to pledge that they will make the UK the most fulfilling place to grow up in the world