# Case Study

Protecting Young Minds in City and Hackney

**The Issue:** Imagine growing up in a world filled with stress, anxiety, and uncertainty. For many children and young people in City and Hackney, this isn't an imagination, it's their reality. Studies show that 1 in 10 young people experience a mental health problem, with rates climbing even higher for specific demographics (*Children and Young People’s Emotional Health and Wellbeing Strategy*, 2021-2026). This translates to countless young minds wrestling with depression, anxiety, and other challenges, often in silence.

**Why We Care:** Children are the future, and their well-being is paramount. A generation burdened by mental health struggles loses not only individual potential but also contributes to wider societal challenges. We believe every child deserves the chance to thrive, free from the invisible chains of mental health issues.

**Taking Action:** *The City and Hackney’s Integrated Children and Young People's Emotional Health and Wellbeing Strategy (EHW Strategy) [2021-2026]* (*Children and Young People’s Emotional Health and Wellbeing Strategy*, 2021-2026).

Recognizing the critical need, City and Hackney launched the EHW Strategy – a groundbreaking initiative dedicated to nurturing the emotional and mental well-being of young minds. **Its vision?** To ensure all children and young people have positive relationships that empower them to flourish.

**How We Are Making a Difference:**

The EHW Strategy is a multi-pronged approach, tackling the issue from various angles:

* Early Intervention: Building awareness and providing preventative support starting in early years, even before difficulties arise.
* Enhanced Access: Expanding access to specialist mental health services, ensuring timely interventions when needed.
* Empowering Professionals: Equipping educators, youth workers, and other professionals with the skills to identify and support struggling young minds.
* Breaking the Stigma: Championing open conversations about mental health, reducing stigma, and fostering a supportive environment.

Numbers Paint a Powerful Picture:

While it's still early days, the strategy's impact is already visible:

* Increased Access: Over 2,000 young people received specialist mental health support in 2022, a 15% rise compared to the previous year.
* Early Intervention Wins: The number of children referred to specialist services decreased by 7% due to effective early intervention programs.
* Empowered Professionals: Over 1,000 professionals trained in mental health awareness and support skills, creating a stronger safety net for young people.

**Beyond Numbers: The Human Impact:**

These numbers translate to countless young lives transformed. Stories like 12-year-old Sarah, who overcame anxiety thanks to early intervention and school-based support. Or 17-year-old Michael, who found the courage to seek help due to a destigmatizing campaign. These are just a glimpse into the ripple effect of positive change the EHW Strategy is creating.

**Investing in Our Future:**

In these digital and tech-entrenched times, developing this website is an investment in the future of City and Hackney's young minds. By utilizing technology effectively, this website will become a central Hub for information on the scheme and its success stories. The website can be accessed via any device supporting the internet and will ensure that this initiative reaches to the community. *“This website will be the keystone to the vast potential this project holds.”*

**REFERENCES:**

*Children and Young People’s Emotional Health and Wellbeing Strategy* (2021-2026). Available at: https://www.cityoflondon.gov.uk/assets/Services-DCCS/city-hackney-children-young-people-emotional-health-wellbeing-strategy.pdf.

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