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**Embarrassment and confidence are barriers for young people wanting to access mental health and sexual health services**

Healthwatch Leicestershire reveals the results of their recent survey to find out young people's attitudes and experiences of local mental health and sexual health services.

The 'Listen to me' report published this week reflects the views and experiences of 429 young people from the city and county aged between 13-25 years.

The report that is being presented to Leicestershire's Health and Wellbeing Board (HWBB) today [7 July] highlights how young people feel about services:

- The School Nurse is seen as the most trusted professional from whom young people would seek information about mental and sexual health
- Almost half of the young people surveyed would not know or were unsure who to talk to about their mental health concerns.
- Accessibility, stigma and confidentiality are the main barriers to accessing sexual health services.

Rick Moore, Chair of Healthwatch Leicestershire, comments on the report;

*"Young people are often overlooked when seeking opinions on our health service. This report is an opportunity to make their voices heard on the services that directly affect them."*

*The report highlights that there is a need for young people to be able to better manage their own health and care.*

*We will be making seven recommendations to the Health and Wellbeing Board, to help improve awareness and access to mental and sexual health*

*services for young people.”*

Mike Sandys, Director of Public Health at Leicestershire County Council, said:

*“What young people say is vitally important as it helps to shape future policies and we’ll certainly be looking at the highlighted areas so we can ensure they are receiving the support they need.”*

The ‘Listen to me’ report and the recommendations are available to read [www.healthwatchleicestershire.co.uk/resources](http://www.healthwatchleicestershire.co.uk/resources)

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#### **Editor notes**

##### **About Healthwatch Leicestershire**

Healthwatch Leicestershire is an independent consumer champion for health and social care in Leicestershire. The organisation helps to shape and improve local health and social care in our community. Healthwatch Leicestershire is part of the Healthwatch national network, established by the Government to ensure local patients and users have a greater input to shaping and designing local services.

##### **About Healthwatch England**

Healthwatch England is the independent consumer champion for health and social care in England. The organisation has independent statutory powers, as stated in the Health and Social Care Act 2012, to ensure the consumers’ voice is heard and best practice is delivered in health and social care nationally. Healthwatch is also focused on providing leadership, guidance and support to the development of the Healthwatch network. To find out more please go to [www.healthwatch.co.uk](http://www.healthwatch.co.uk).