

LISTEN TO ME #YOUNGVOICESMATTER REPORT

RECOMMENDATIONS

HWL would like to highlight observations and reflections on a number of experiences and insights into how young people feel about their health services.

Joint approach to raising awareness

1. The Children and Young People element of the BCT programme has committed to 'Improving emotional health and wellbeing for children into adulthood' and to 'making services easier for patients and parents to understand and find their way around'. Many of the conversations with young people were based around knowing where to find and access services. Over 50% of young people thought that their school, college or university did not provide enough information about mental health. They felt that key messages and signposting to appropriate services could be delivered better. Our recommendation are as follows:
 - a) *Stakeholders and service providers work together with educational establishments to improve the visibility and information about mental health support services available to young people.*
 - b) *More awareness through public health about the signs of mental health including anxiety and depression.*

Developing early emotional resilience

2. The BCT Transformational plan for mental health and wellbeing services for children and young people has a vision to provide high quality support to help young people overcome emotional and mental health challenges quickly and locally.
3. During conversations with young people, they spoke about the aspiration of greater emotional support whilst waiting for services that support people with mental health issues. Young people said that whilst waiting to see a health professional, they are left to deal with their situation alone. They spoke about some initial organised peer support and some guidance on how to deal with their emotions.
4. The survey findings showed that 1 in 3 (102) young people had self-harmed, which is a significant number from the overall respondents. Again, young people recognised that they needed more emotional support to deal with their self-harming. Our recommendation are as follows:
 - c) *An information pack given to young people who are waiting to access mental health services about relevant support services and websites available.*

- d) More support groups to provide emotional support to young people is investigated, to support people with early signs of mental health and those that are waiting to access services.***
- e) An accessible and approachable specialised service for young people that self-harm.***

Culture and Stigma

- 5. 44% of young people told HWL that professionals respected their opinions 'sometimes'. Young people said that professionals do not take their opinions and knowledge of their own symptoms seriously. Young people felt that they would be judged when accessing specific health services, not only by staff but also by their peers.
- 6. 73% of young people told HWL that they had not used a sexual health service. The findings also showed that the percentage of young women that accessed a sexual health service far outweighs that of young men. Our recommendation are as follows:
 - f) Health stakeholders jointly produce/ endorse campaigns addressing the stigma of mental health.***
 - g) Continue to promote the accessing of sexual health services to young people including encouraging young men to better use these services.***