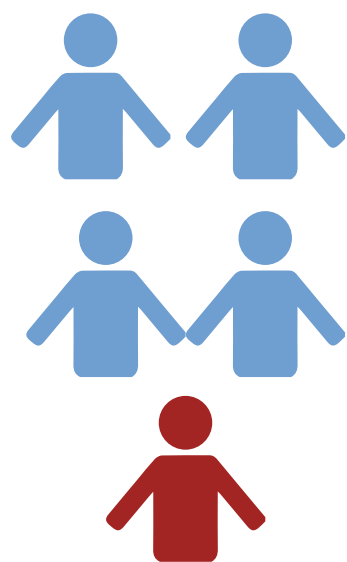


Children and Young People's Mental Well being

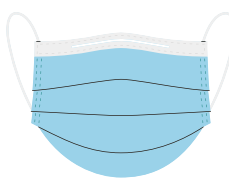


1 in 5
children and
young people
experience a
probably
mental
disorder (NHS
Digital 2023).

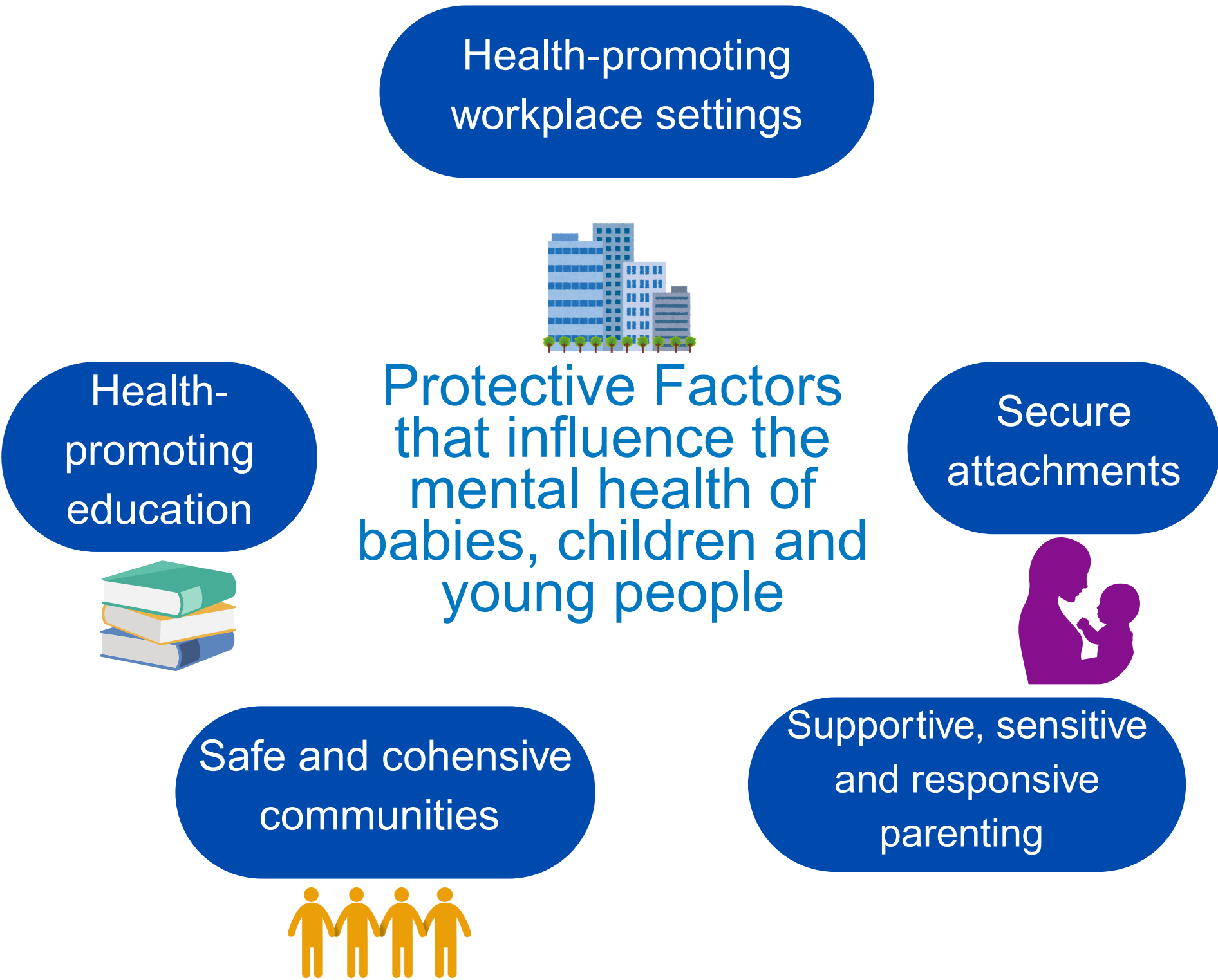
50% of mental
ill health starts
by **age 14**



75% develops by **age 24**



COVID-19 has caused a
decrease in wellbeing and
increased anxiety



- Some children's emotional or behavioural issues improve over time, while others may need professional help.
- Watch for signs like: major behaviour changes, trouble sleeping, social withdrawal, loss of interest in usual activities, self-harm, or neglecting themselves.
- Everyone feels low or anxious sometimes, but if these changes persist or seriously affect daily life, it may be time to seek support.

10 steps you can take to improve your mental health and wellbeing:

Resilience – Find ways to bounce back

Giving – Do things for others

Meaning – Be part of something bigger

Acceptance – Be comfortable with you

Relating – Connect with people

Trying out – Keep learning new things

Exercising– Take care of your body

Emotions – Look for what's good

Direction – Have goals to look forward to

Awareness – Live life mindfully



For the latest signposting guide on BCYP Mental Health and Wellbeing, please scan here for the *Children & Young People's Wellbeing* section of the *Live Well Havering* booklet.