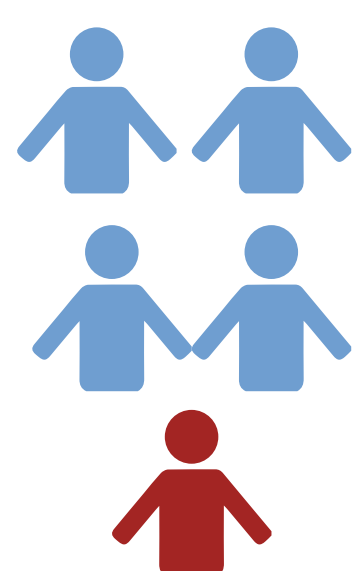


# Children and Young People's Mental Well being

Havering MECC Factsheet

Last updated: 15/05/2026

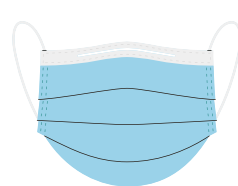


**1 in 5** children and young people experience a probably mental disorder.

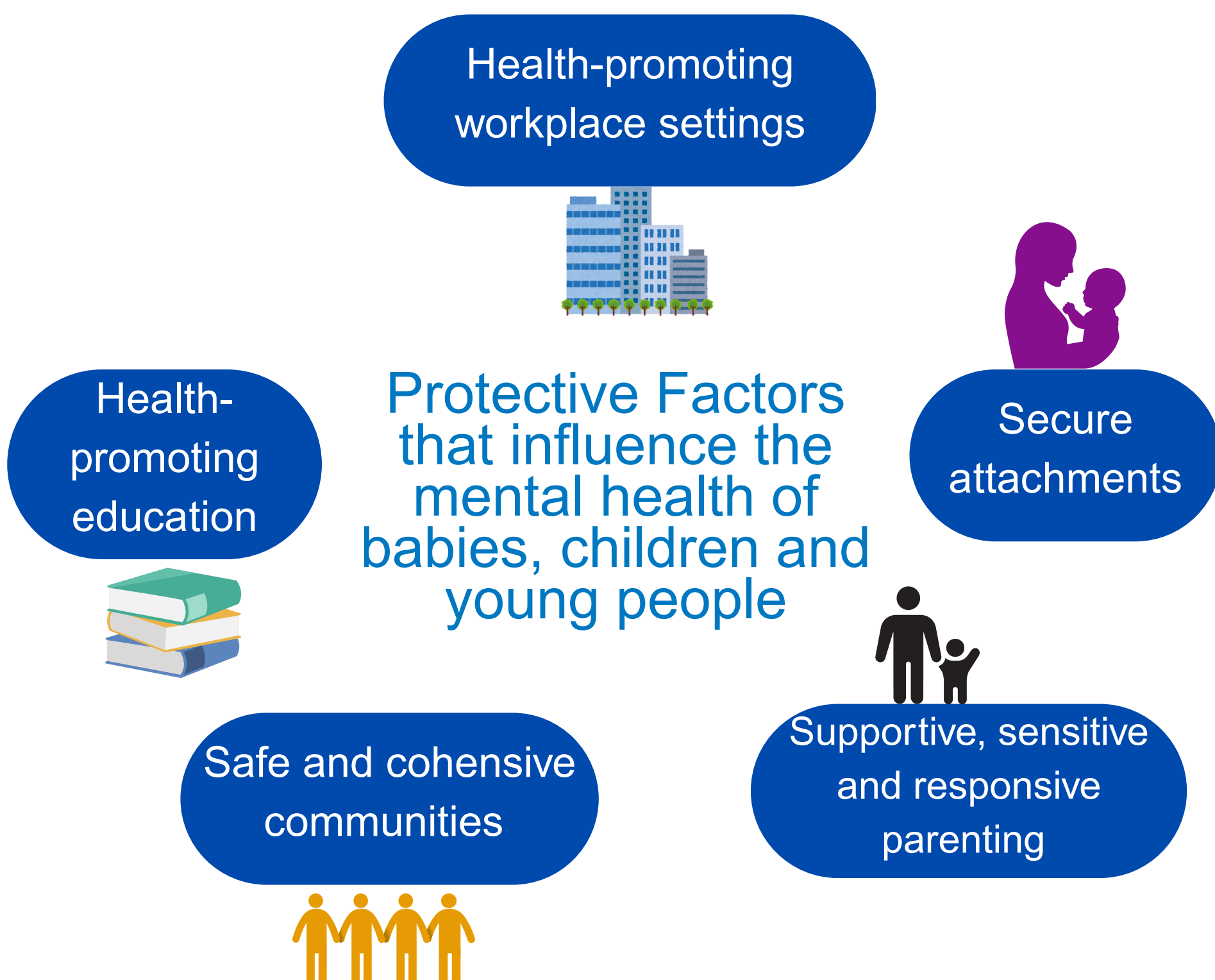
**50%** of mental ill health starts by **age 14**



**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 on children and young people's mental health support in Havering, please see the Live Well Havering 'Children and young people's mental health' page.**