



Healthwatch Leicestershire
Listen To Me #YoungVoicesMatters



Media stories

Children

Child mental health crisis 'worse than suspected'

'Parents need lessons for children's mental health'

🕒 15 June 2016 | UK

Mental health The Observer

Care for children with mental health problems is woeful, say GPs

Vulnerable young people facing wait of up to a year for specialist help, survey of

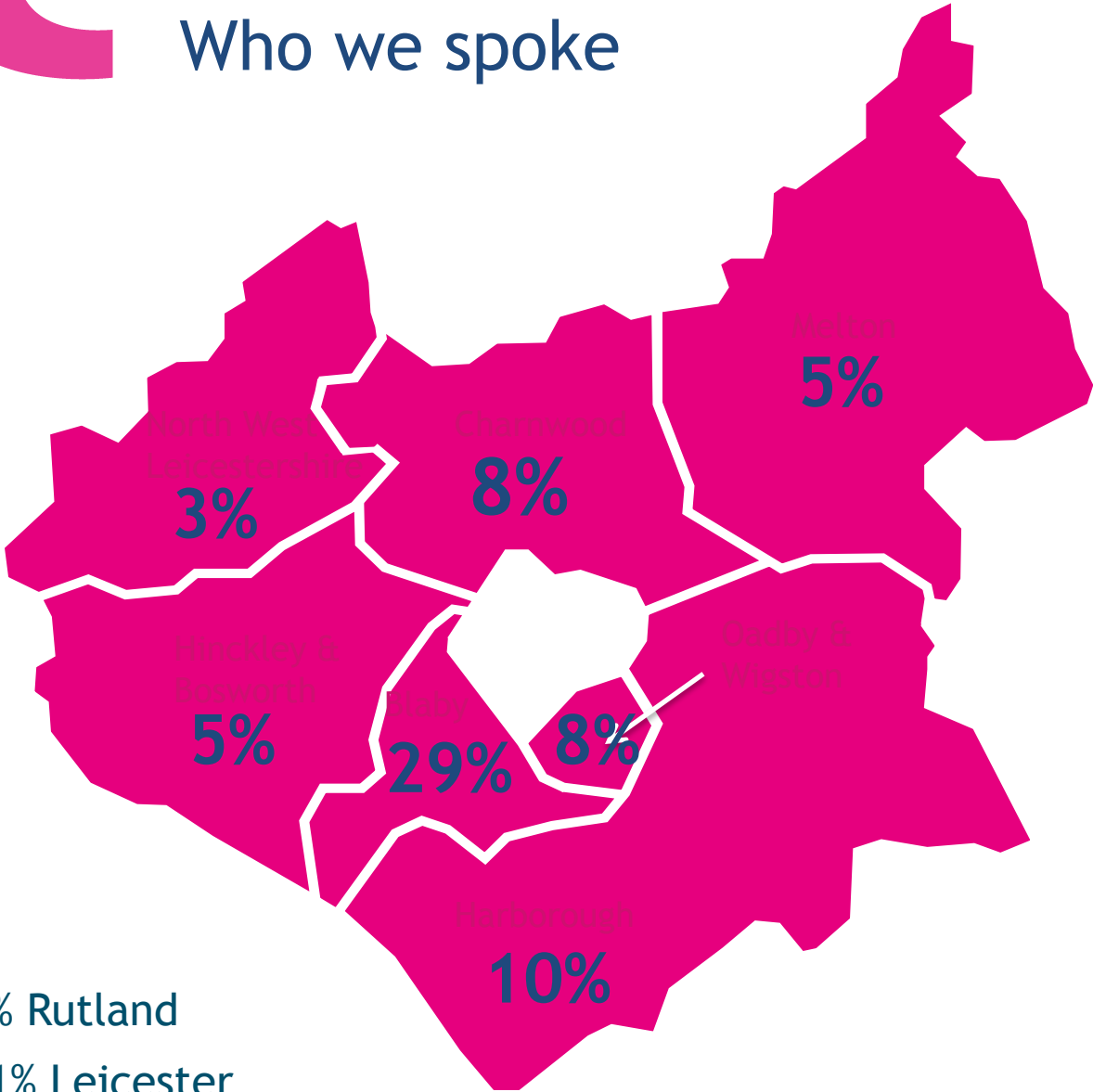


Improve children's mental health care, head teachers urge

By Judith Burns
BBC News

🕒 5 March 2016 | Education & Family

Who we spoke



346 via online surveys.
(245 provided their email)



83 via face to face discussion

Total 429



182



86

3% Rutland

31% Leicester

*Based on 274 responses

Key findings: Those who suffer from...

Mental health: 113 young people
Depression: 72 young people
Anxiety: 113 young people



Depression

A similar percentage of young women and men said that they had suffered from depression.



24%

of young people told us they suffer from depression.



23/181

young women said they suffer from depression.



42/86

young men said they suffer from depression.

Anxiety

Almost a third of young people told us that they were unsure if they had ever suffered from anxiety.



1 in 3

38% young people surveyed told us they suffer from anxiety. Almost a third of all respondents saying they were unsure.



69

young women said they suffer from anxiety or depression.



33

young men said they suffer from anxiety or depression.

Key findings: Self harm
102 young people told us that they had self harmed

Self Harming

Young people recognised that they need more emotional support to deal with their self-harming.



1 in 3

102 young people told us they have self-harmed.



69/181 young women said they have self-harmed.



24/86 young men said they have self-harmed.

Our survey results reflect the national trend that more young women said that they have self-harmed than men.

Key findings: Sexual health

27% of young people had used sexual health services

Sexual health

Young people use sexual health services for a number of reasons which usually differ between young women and young men.



Young women access sexual health services mainly for contraception.



Young men mainly access sexual health services for STI testing and advice before having sex for the first time.

The 3 main barriers identified by young people to accessing sexual health services were:

01

Accessibility of sexual health services

02

Stigma and embarrassment

03

Confidentiality

All young people value confidentiality from staff and friendliness when accessing sexual health services.

Profiles

We visited various groups and locations, such as:

- Loughborough University
- South Leicestershire College
- Children in Care Council
- County Youth Council for Leicestershire
- TwentyTwenty

We have taken the findings from each of the groups to create a young person profile to highlight the key issues.

Profile



Name	Mark
Age	14
Hobbies	Enjoys reading
Personality	Shy
Status	Single
Area	Lives in a children's care home

What worries Mark



Mark suffers from anxiety and worries all the time about being bullied and his personal appearance. He also worries about exams and getting a job quite regularly.



Mark believes people must feel like no one listens or that no one believes in them when dealing with mental health issues.

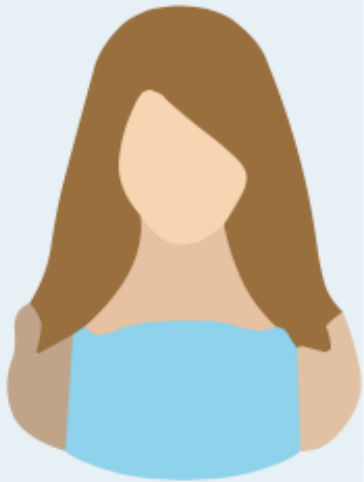
Barriers for Mark to access services

A key theme for Mark is mental health services and CAMHS.

Mark thinks that the waiting times to get in to CAMHS is considerable and that this process should be made easier and quicker for those in need of support.

Profile: Loughborough University

Profile



Name	Joanne
Age	20
Hobbies	Enjoys sports, arts and has an interest in health
Education	Studying Sports Management
Status	Single
Area	Loughborough
Job	Not working

What worries Joanne



Her personal appearance almost all the time



Relationships with friends and partners



Finding a job whilst at university and afterwards



Her exams and final year

What matters most to Joanne

There should be a greater effort made to promote mental health services so that students that are in need of services know where they can access support.

Joanne believes that people must feel frustrated and isolated when dealing with mental health issues and that stereotypes and stigma should be addressed more in education.

Recommendations



a. Stakeholders and service providers to work together with educational establishments.



a. An increased awareness of how to identify the signs of mental health.



b. Provide young people who are waiting to access mental health services with an information pack.

a. More support groups to provide emotional support to young people.



a. An accessible and approachable specialised service for young people that self-harm.

b. Joint promotion and endorsement of campaigns addressing the stigma of mental health.



a. Promote the accessibility of sexual health services to young people.

Next Steps

WE WANT THE REPORT FINDINGS TO BE USED TO INFORM SERVICE IMPROVEMENTS AND COMMISISONING

- West Leicestershire CCG - People Powered Health Delivery Group 28 July 2016
- NHSE QSG Central region - Thematic discussion on 2 September 2016
- LPT - Awaiting feedback on where to present
- Public Health - Welcome feedback
- Safeguarding Boards - Welcome opportunity to present
- Other suggestions welcome