

# Supporting children and young people's mental health and wellbeing

## IN NEWCASTLE

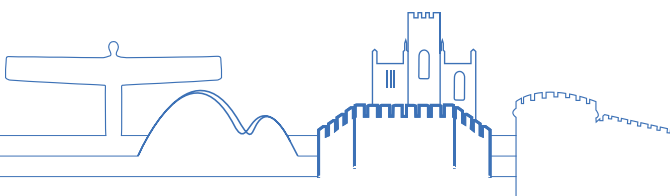
### LOOKING AFTER OUR WELLBEING

**Mental wellbeing is about how we feel and how well we cope with daily life.**

Our wellbeing can change from day to day, or month to month. Sometimes it changes because of things that happen, sometimes for no obvious reason. It affects the way we feel about ourselves and how we respond to things in our lives.

Good wellbeing helps us feel and express a range of emotions, have confidence, self-esteem and good relationships, so we can enjoy the world around us and cope with stress and change. It doesn't mean we're always happy, it's normal to feel sad, low or angry at times. But if we have low wellbeing for a long time, it gets more difficult to cope with life.

The NHS and its partners wants to give children and young people a good start in life by providing more services in communities, better mental health support in schools, and more help as people prepare for adulthood. We also know that we need more eating disorder services and we need to get better at supporting young people when they are in crisis.



## SUPPORTING WELLBEING IN NEWCASTLE

**Good health is about more than just doctors and nurses.** Things like education, housing, having friends and a loving family all contribute to good health.

The current cost of living crisis does impact on people's wellbeing as families and individuals worry.

That's why we are working with wider services like schools, housing providers, children's, youth and criminal justice services to write the Children and Young People Mental Health Plan.

- Around **70,000** children and young people live in Newcastle
- About **14,000** school age young people are from a black or minority ethnic background
- Around **1,000** pupils have some form of social, emotional, and mental health needs
- On **average**, more children go to hospital for mental health problems than in the rest of England. The rates of self-harm are also **higher** than the national average
- About **28%** of children under 16 are living in poverty



**This plan is about improving the mental health and emotional wellbeing of children and young people in Newcastle, making it easier to get help and support when it's needed.**

## WHAT YOUNG PEOPLE HAVE TOLD US

We are keen to hear young people's views, because this helps us to identify problems and improve services.

Many young people in Newcastle have told us:

We don't want to feel isolated or lonely

We want opportunities to make friends

We need help for anxiety to be available

Support should be in the right place when we need it

We need support with employment

We don't want to have to tell our story lots of times

Help with building confidence is important

## IMPROVING HEALTH AND WELLBEING SUPPORT

We are working hard to provide more support for children and young people's wellbeing in Newcastle, but we know there is more to do.

Over the past few years, we have created mental health support teams in many of our schools and published the Little Orange Book and Healthier Together websites to help families find the support they need. Young people can also get online support for their mental health at [www.kooth.com](http://www.kooth.com)

We will continue listening to children and young people, as we focus on these aims:

- Making sure that people can **get help** when they need it, and are not waiting too long
- Providing the **right help** if someone is in crisis
- Helping people **get help early** – waiting can make things worse
- Making it **easier** to get help using digital technologies
- Making sure all our partners in healthcare, councils and other organisations are **working closely together** to provide the best possible support
- Making sure that we have **skilled staff** to offer support
- **Understanding** the needs of young people from black and minority ethnic communities, who have special educational needs and disability, or who are lesbian, gay, bisexual, transgender or questioning
- Understanding the **impact of trauma** on people and families and making sure the right help is available
- Getting better at listening to children, young people and their families, and **their ideas** for improving services

## HOW TO FIND OUT MORE OR GET INVOLVED

If you want to know more about this plan please contact us at:  
[nencicb-ng.newcastlecypmentalhealth@nhs.net](mailto:nencicb-ng.newcastlecypmentalhealth@nhs.net)

