



Department
of Health

NHS
England



Future in mind

**Better support for your mental health
and wellbeing**

Information for children and young people



**Easy Read version of:
Future in mind: promoting, protecting
and improving our children and young
people's mental health and wellbeing.**

What is in this booklet

page



About this booklet

1



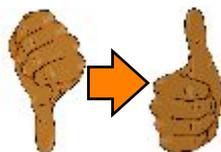
The 5 big ideas

2



Children and young people's mental health

3



Why things need to change

6



Making it happen

9



Our dream for 2020

12



About this booklet



The Department of Health and NHS England wrote this booklet.

We help people in England stay healthy and live good lives.



In 2014 we set up a working group to look at children and young people's mental health.

They thought about how to:



- make it easier for children, young people, parents and carers to get help and support



- make help and support better.



The 5 big ideas

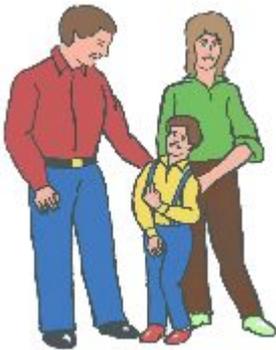
The group looked at how to:



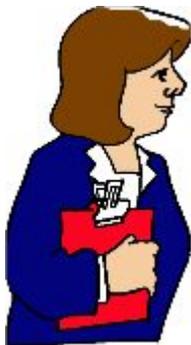
- help you have good mental health, tackle problems early to stop them getting worse and act quickly if they do



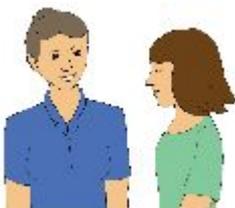
- make it easier to get the right support



- care for children who need the most help



- make sure services are honest and show what they are doing



- have the right staff in the right place at the right time.



Children and young people's mental health



When we talk about your mental health we mean:

- how you feel



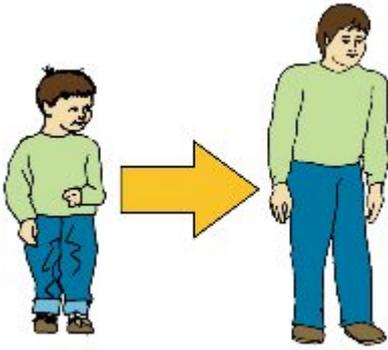
- how you cope with people or things in your life.



1 child out of every 10 needs help for their mental health.



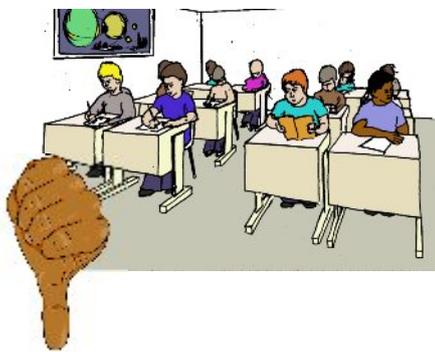
Some just need help for a short time because they are worried or **depressed** (feeling very sad, hopeless and not able to do the things they would usually do).



Others might have serious mental health problems for a long time.



This can make them feel very scared and lonely and can upset the people who care for them.



Mental health problems could mean you:

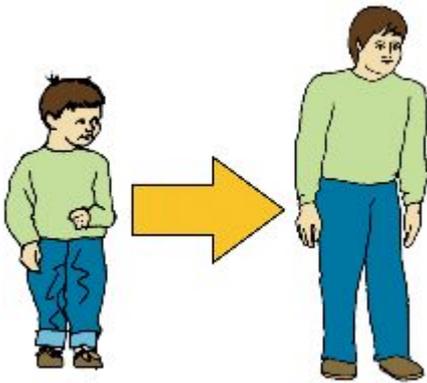
- do not do as well at school



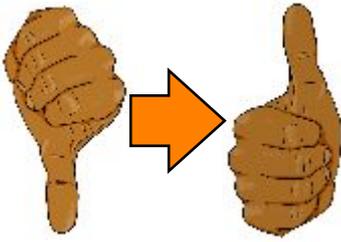
- are more likely to smoke, drink too much alcohol, take drugs or take part in risky sex



- have mental health problems when you are older.



You need the right support early to help you have better mental health when you grow up.



Why things need to change



The group listened to:

- children and young people



- parents and carers



- teachers and people who work in mental health services.



People said:

- there is not enough information about what services do, how much they cost and how many people they help



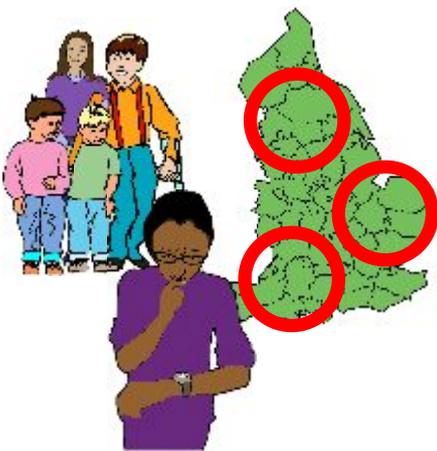
- only 1 in every 4 young people with a mental health problem gets the support they need



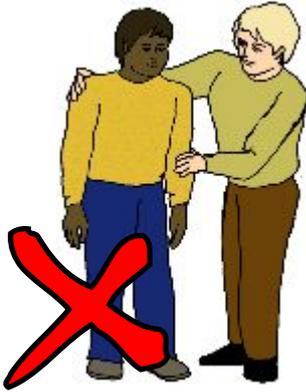
- more young people need support and they have to wait longer for the right care or treatment



- health and social care services need good leaders to make sure they work together



- where you live can affect how quickly you get help if things get really bad



- some children and young people cannot get the right services for them.



The working group used these ideas to write a report and say how to make things better.



Making it happen

The working group said:



- services must involve you and your carers when they make decisions or plan services



- you and your carers should get what you need from services



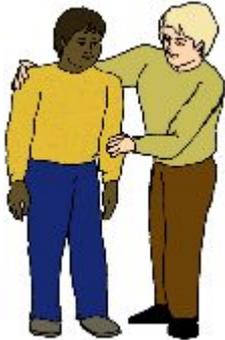
- services should be easy to use



- services should learn from what works well and show how they help people.



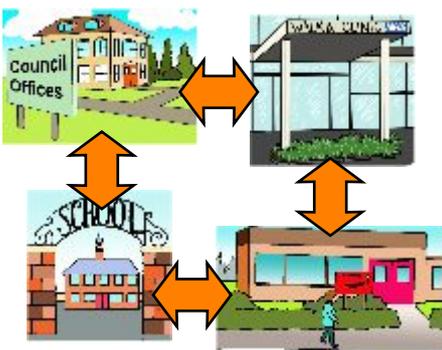
Councils, health services, schools and youth justice services should work together to change things by:



- helping you have good mental health, cope when things go wrong and get support before things get worse



- working together so it is easy for you to get the right support from the right service



- linking services so it is easier for you to work out how different services will support you



- using better information about what works well to plan support that is good value for money



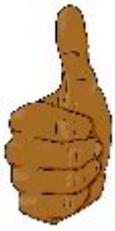
- showing services how to get better by having staff with the right skills and experience



- checking that different services in their area make the most of their staff and money.



In some parts of England these things are already happening. But they need to happen everywhere.



2020						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Our dream for 2020

This is what we want things to be like in England:



- People understand children and young people with mental health problems and treat them fairly.



- Services give you and your carers the support you need at the right time, and plan with you how and when you move to adult services if you need to.



- Services find out what works well and use this to plan how to treat you.



- You can get support in different ways, including 'one stop shops' with staff from lots of services.



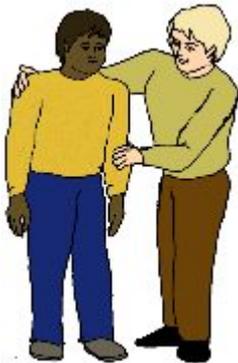
If things go really wrong you get the right care as close to your home as possible.



No one under 18 is taken to a police station to keep them safe.



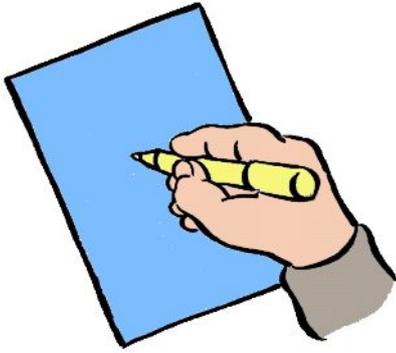
Parents get support to make their children feel safe and secure and have good mental health as they grow older.



There is better support for children who need lots of care. Especially those who are sexually abused and need special help.



Services are open and honest and say how long people have to wait, how well they help people and what this costs.



We will do a **survey** (ask questions) about children and young people's mental health every 5 years.



People who work with children and young people will be trained about mental health and know how to support you if you need help.



Credits

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