

# Mental Health Services for Young People - Summary



February 2010

People involved in the LINK told us they were concerned about mental health services for young people.

In response we researched local services and asked local young people and voluntary and community groups working with them for their views. We have produced an in depth report based on this research.

***'Young people need to know they are not alone. Anyone who has suffered from depression will say they felt they were the only one who really understood how they were suffering.'*** *Comment from a young person, LINK survey.*



## What we found...

- A huge stigma is attached to mental health with over 50% of young people saying they would feel embarrassed about admitting they have a problem. Many young people say they don't know where to go for help.
- Many young people have problems when they are transferred from children's to adults' services, leaving them feeling distressed, frustrated and without adequate support.
- People want to see a wider range of services that improve mental health by improving their confidence and self-esteem.
- There was praise for much of the existing work which improves mental health, such as the PSYPHER service and Mental Health First Aid Training.
- Some people are concerned about a lack of local services available out of hours and at weekends.

***'The stigma associated with mental health problems makes people scared of other people and not sure where to get help.'*** *Comment from a young person, LINK survey.*

## What we want to happen...

As a result we urged the NHS and Hull City Council to:

- Increase publicity around mental health and the services available, and give young people more of a say in services.
- Improve the way services for children and adults communicate and work together.
- Provide more services and activities such as sport, education and life skills coaching that will boost confidence and self esteem.
- Provide more services out of hours and at weekends.

Services must respond to the LINK's recommendations within 20 working days.

***'It is important to treat everyone as individuals as everyone's personality is different. It is important to keep day to day life the same as everyone else, with access to work and leisure activity.'***

*Comment from a young person, LINK survey.*



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