

## Community Voices - Mental Health

### A South Nottinghamshire ICP Community Engagement Event

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#### Topic overview: Young People's mental health

The NHS long-term plan is committed to improving mental health services for patients. The plan commits to: increasing the amount of mental health funding being spent on services for children and young people; improving access to talking therapies for people with anxiety, depression and other common mental health problems; access to 24/7 mental health crisis and more mental health support in the community for people with mental health problems.

Over half of all mental ill health starts before the age of 14 years, and 75% has developed by the age of 18 which show the importance of Early prevention, resilience and intervention

Supporting children and young people to be mentally healthy has never been more important. It's been a tough time for many young people, and while some may have enjoyed being off school others will have really struggled being apart from their friends and family..

There's a lot of support available including Nottinghamshire Healthcare's Children and Adolescent Mental Health Services (CAMHS) who support children and young people who have problems with their thoughts or feelings, and lots of community and web-based support, like chat health and Kooth.

We have come a long way in the last two years. In 2019, we launched mental health support teams in a number of schools in South Nottinghamshire giving pupils in Rushcliffe and Gedling access to help from NHS trained staff within their school environment- this has been particularly valuable as children return to schools following coronavirus. These teams are now being rolled out across Notts.

Thinking about what you know about children and young people's services and what we have discussed in the main presentation today, please consider the following questions:

1. Thinking about your local community, where do you think the challenges and opportunities for developing mental health services are?
2. If money were no object, what support would you like to see in this area support people to manage their mental health and wellbeing?
3. How can you contribute in supporting people across your communities to manage their mental health and access the support they need?
4. How would you like to stay involved in this work? How do we ensure patient and public engagement in developing our approach?