

Mental Health in Children and Young People

Prevalence

Stress:

- In 2013-14 Child Line said it received more than 34,000 approaches from young people over school worries such as revision, workloads, problems with teachers and other issues, putting education into the top 10 of most frequent concerns among users for the first time. There were also more than 87,500 visits to Child Line's website over the same issue) (Adams, 2015).
- Child Line noted that 92% of young people feel anxious about revision and exams.
- Some vulnerable young people are turning to alcohol (14%) and self harm (8%) to cope (Adams, 2015).

Mental ill health:

- One child in five has had a serious mental health problem at least once by the age of 11 (source: Centre for Mental Health: Investing in children's mental health 2016).
- The Royal College of General Practitioners (2011) state that by the time an average class of 30 young people reach their 16th birthdays: n=400
 - 10 of them will have witnessed their parents separate
 - 3 will have suffered from mental health problems
 - 8 will have experienced severe physical violence, sexual abuse or neglect
 - 3 will be living in a step-family
 - 1 will have experienced the death of a parent
 - 7 will report having been bullied.

Impact of mental ill health

Self-harm: Between 1 in every 12 and 1 in 15 children and young people deliberately self-harm (Mental Health Foundation, 2012). 25,000 children and young people are admitted to hospital each year due to the severity of their injuries (Young Minds, 2016). Over the last ten years this figure has increased by 68% (Young Minds, 2011).

Substance Misuse: 17 per cent of pupils had ever taken drugs, 12 per cent had taken them in the last year and 6 per cent in the last month; and around half (52 per cent) of pupils aged between 11 and 15 said that they had tried smoking, drunk alcohol or taken drugs at least once in their lives. 17 per cent had done one or more of these recently (ONS).

Eating Disorders: a 34% increase in admissions since 2005-06 - approximately 7% each year (Beat, 2014). The largest rise in prevalence can be seen among those aged 10 to 19.

Services

- 11% increase in demand on children's services in the last year alone (source: Dept. of Health: Improving Outcomes for CYP with Mental Health Conditions 2016.)
- Currently, there is a 10-year delay between young people experiencing their first symptoms and receiving help on average (source: Centre for Mental Health: Investing in children's mental health 2016).
- Only ¼ children get the help they need (source: Dept. of Health: Improving Outcomes for CYP with Mental Health Conditions 2016.)

Short term impact:

- Suicide is the most common cause of death for boys aged between 5 and 19, being the cause of 14% of deaths in this age group. It's the second most common for girls of that age, accounting for 9% of deaths. (source: action for children: ensuring good mental health starts in childhood 2015).
- ¼ children with a mental health illness have considered suicide due to stigma (source: Dept. of Health: Improving Outcomes for CYP with Mental Health Conditions 2016.)
- The Dept of Health estimates that a child with a mental illness will cost between £11, 030 and £59, 130 annually. (source: action for children: ensuring good mental health starts in childhood 2015).

Long term impact

- 86% of children with mental health problems have difficulties in adult life (source: Centre for Mental Health: Investing in children's mental health 2016).
- 75% of adults with mental health problems were first unwell in childhood or adolescence (source: Centre for Mental Health: Investing in children's mental health 2016).