


<p style="text-align: center;"><b>Health and Wellbeing Board</b> Tuesday 17 November 2015</p>	 <p style="text-align: right;">Tower Hamlets <b>Health and Wellbeing Board</b></p>
<p><b>Report of:</b> Healthwatch Tower Hamlets</p>	<p><b>Classification:</b> Unrestricted</p>
<p>Young Peoples Mental Health</p>	

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### **Executive Summary**

The research surveyed young people to better understand their awareness levels and attitudes towards mental health, and gather suggestions on how best to tackle issues related to young people and mental health. Healthwatch Youth Panelists received training through the Community Intelligence Bursary process to become peer researchers and undertake the fieldwork research.

Young people have greater access to their peers so they were in the best position to conduct the research. They surveyed a total of 237 young people across LBTH aged between 15 and 24 years old.

### **Key findings**

More teenage young men stated that mental health was an important issue to them than men aged over 20 years. The opposite trend can be seen for female respondents.

The vast majority of young people were unaware of both the national and local mental health services available to them. Aside from GP's, hospitals, Childline and Talk to Frank, awareness of other services that were presented to respondents was extremely low.

The biggest factor that may deter them from seeking support after experiencing mental health issues was the stigma (41%) attached to mental health illnesses, and fearing the possible adverse reaction of their loved ones (16%) if they were to discuss mental health issues with them.

Twenty one percent of those surveyed stated that simply not knowing where to receive support would be a barrier for them in trying to access help.

## **Recommendations:**

The Health and Wellbeing Board is recommended to:

- Promote to young people the need to care for their mental as well as their physical wellbeing
- Work with schools as an access point to empower parents and families to promote good wellbeing for young people.
- Involve children and young people in co-producing a peer led health and wellbeing campaign to:
  - raise awareness of the importance of looking after your physical and mental health.
  - tackle the stigma around mental health.
  - tackle issues like exam pressure, bullying and family pressures.
  - build on existing resources and activities in other areas.

## **Appendices**