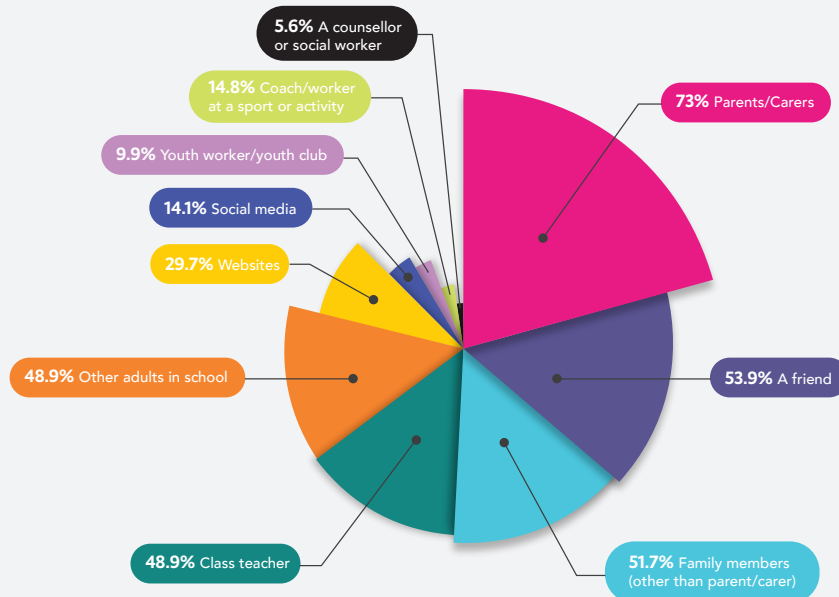


Access to mental health and wellbeing information and support

Views from children and young people

Views from 8 to 12-year-olds

Where they access information



Children told us

“It is important that they get support when they need it - this means at the time they are feeling anxious, upset or distressed.”

Children report they want more opportunities to talk and learn about mental health and wellbeing in school.



Children like to do an activity with an adult when they explore their mental health and wellbeing, for example a game or doing something creative.

Children will ask for information and support from adults they trust, who are kind to them and who have the time.

Accessing support

97.8%

of children have access to a device at home to look for information however few children think websites or social media platforms are places to go for information or support, preferring face-to-face support

1 in 10 children

do not have good enough connectivity for a video call.



Face-to-face support should be:

- Private
- Comfortable
- Welcoming



Children's core needs, identified by them:

- opportunities to play
- to be free from bullying
- to have a supportive home environment
- to have a good education.



Children said they hope and aspire to:

- Have more self-control
- Be/feel less angry
- Relax more
- Be less anxious
- Be smarter about their feelings

- More able to speak out
- Be able to control their emotions better
- Not be depressed
- Control their feelings with knowledge of support strategies