

## YOUNG PEOPLES MENTAL HEALTH CHARTER

### YOUNG PEOPLE WANT:

- the knowledge and confidence that professionals in whatever settings they use are able to talk openly and honestly and know how they can help
- to feel confident and able to seek support from family, professionals and friends without fear of stigma when they do
- to have opportunities to talk and explore issues that may contribute to increased anxiety, stress and poor mental health
- to do this in ways that feel safe and are recognised and accepted as an important and normal part of everyone's future health.

### THE 10 CHARTER STATEMENTS

1. **By 2020:** There will be high quality and accessible opportunities for young people to enjoy physical and emotional healthy lifestyles
2. **By 2020:** Schools will aim to provide high quality PHSE lessons to teach information on mental health topics such as eating disorders, substance misuse, types of mental health illnesses, how to stay mentally well and healthy relationships. These will be delivered by appropriate and confident professionals.
3. **By 2020:** All services that help young people will have a clear plan on how they help improve young people's mental health and make their lives healthier and happier (Focus on services for young people in care, young parents, and young people with parents with mental illness)
4. **By 2020:** Opportunities will be developed for children and young people to talk about emotional and mental health from an early stage
5. **By 2020:** Schools will aim to provide initiatives to address educational pressure and increase support available to young people at critical times
6. **By 2020:** Professionals that work with young people will be trained in appropriate mental health awareness. To include teachers.
7. **By 2020:** There will be a range of approaches that enable young people to help themselves and their friends in different settings.
8. **By 2020:** There will be high quality support for parents to help them better understand and support their child. Support structures will be well promoted.
9. **By 2020:** There will be a decrease in waiting times for young people that need to speak to a counsellor. The first assessment meeting will be within 4 weeks
10. **By 2020:** All mental health services will have a system in place to ensure young people are engaged in reviewing their service to make sure it remains 'youth friendly'

*By 2020: All key commissioners, mental health service providers and schools in Islington will sign up to the charter*