

In Spring & Summer of 2021 we spoke to children and young people to see what they needed to be emotionally healthy. **Here are the important things we learned:**

**WHO DID WE SPEAK WITH?**

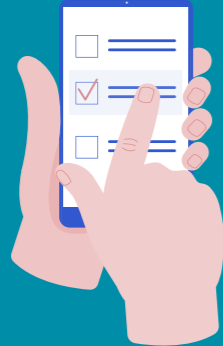
Engagement tools used...



51 Children aged 6-11 in a face-to-face fun session



70 young people aged 12+ in a face-to-face fun session



Online survey: 131 people completed this including children, parent/carers and adults who work with children

**WHAT CHILDREN & YOUNG PEOPLE NEED TO BE EMOTIONALLY HEALTHY**



**WHAT WOULD A GREAT EMOTIONAL HEALTH & WELLBEING SERVICE LOOK LIKE?**

**WHAT HAVE WE LEARNED?**

Here are the commonly occurring themes...

**Children said...**

We need people to use 'the words for emotions' in conversations and help us to understand what feelings mean. We want to be able to learn to manage challenges and choose the people we'd like to help us.

**Young people said...**

Help us develop our self care and coping skills, so we can help ourselves. We want to know how to plan to feel well rather than things becoming overwhelming or a 'crisis'. Time-framed support and therapy might not work because it takes time for us to open up. Support options need to be more flexible.

**The online survey said...**

We need it to be easier to find and ask for help. When we do ask, we need to know how to manage while we wait and not wait for too long for a service to help us!

The people who help us are important, they should be able to care for us and understand us. They should have the right skills and knowledge.

**WE'VE LISTENED TO THIS... SO WHAT NEXT?**

**What we can all do to help each other...**

- Talk regularly about naming emotions and help us understand our feelings. Bring emotions and feelings into the activities we do or games we play.
- Help us work out who we should speak to if we have a worry - before we have a problem. Show us that it is ok to speak out and that people will listen.
- Help us understand things we can do, places we can go or people we can see to help us feel happy and healthy.

**What services are going to do...**

We've started to make changes! We've met with the people who deliver our Mental Health services to share what you have said. Already we are working on changing the ways you contact/access a service (referrals) how you move between services and what help is there for when support is ending. We are asking our partners to work a little differently and re-shape the offer. This means moving support around to 'best fit' your needs.

