

UK Youth Parliament

Mental Health Pack

MENTAL
HEALTH



United Kingdom

Youth Parliament
MAKING OUR MARK

Why are we campaigning for young people's mental health?

In 2020's Make Your Mark ballot young people voted for mental health as one of the top devolved/UK issues for the coming year. UK Youth Parliament will be campaigning alongside YoungMinds to build a movement for change and ensure that children and young people's mental health is at the heart of the government's approach to pandemic recovery.

We'll be working with you to listen to young people, create a manifesto for change and campaign so that young people's mental health is given the attention it deserves by decision makers locally and nationally in the coming year.

How to use this pack

In this pack you will find the information you need to get set up to take part in our campaign actions over the next year. Work through this pack with your youth worker, local youth council or youth group. This pack contains:

1. An overview of our campaign actions over the next year.
2. More detail and resources to help you take part in each of the actions.
3. Information, tips and tricks that will make sure you're set up to take part in an effective campaign to support young people's mental health.
4. A number of hyperlinks are embedded in this pack. It is designed to be used on a device rather than printed.

What will our campaign look like?

We've mapped out opportunities for Members of Youth Parliament to engage with this campaign over the course of the year. We've summarised these below in a handy infographic.

UK Youth Parliament + Young Minds

Mental Health: Movement for Change

Creating a blueprint for children and young people's mental health, and setting up local mental health support hubs



May 21

Approach your local MP, encouraging them to write to the Prime Minister calling for national funding for mental health hubs in the Autumn's Comprehensive Spending Review

Summer 21

Run YoungMinds consultations in schools, colleges and youth groups to design a new vision for what mental health support for children and young people should look like.

Sept/Oct 21

Campaign for our vision to be included in the Government's Comprehensive Spending Review in November 21.

Nov/Dec 21

Young Minds will launch their "Movement for Change", enabling young people to campaign on the issues that matter to them

www.byc.org.uk

[Mental Health](#)

Campaign Detail

We will be partnering with YoungMinds to support their campaign actions for local mental health hubs and to create a blueprint for children and young people's mental health.

1. May 21 - MYPs will be tasked with reaching out to other local campaigners on mental health and approaching their local MP, encouraging them to write to the Prime Minister calling for national funding for mental health hubs in the Autumn's Comprehensive Spending Review.
2. Summer 21 - MYPs will take part in YoungMinds' consultation to design a new vision for what mental health support for children and young people should look like.
3. Sept/Oct 21 - MYPs will campaign for their vision to be included in the Government's Comprehensive Spending Review in November 21.
4. Nov/Dec 21 - YoungMinds will launch their "Movement for Change", a campaign enabling young people to campaign on the issues that matter to them.

Mental health facts and statistics

- 20% of adolescents may experience a mental health problem in any given year.
- 50% of mental health problems are established by age 14 and 75% by age 24.
- In 2020, one in six (16.0%) children aged 5 to 16 years were identified as having a probable mental disorder, increasing from one in nine (10.8%) in 2017.
- Children and young people with a probable mental disorder were more likely to say that lockdown had made their life worse (54.1% of 11 to 16 year olds, and 59.0% of 17 to 22 year olds), than those unlikely to have a mental disorder (39.2% and 37.3% respectively)

Some statistics from YoungMinds about Covid-19 and young people's mental health from their [recent survey](#):

- 83% of respondents agreed that the coronavirus pandemic had made their mental health worse. (32% said it had made their mental health "much worse"; 51% said it had made their mental health "a bit worse")
- Among the respondents who were accessing mental health support in the lead-up to the crisis (including from the NHS, school and university counsellors, private providers, charities and helplines), 74% said that they were still getting some level of mental health support, despite the immense challenges services are facing. 26% of young people who had been accessing support said that they were not currently able to access support.
- When asked to share how different activities affected their mental health, respondents reported that face-to-face calls with friends (72%), watching TV/films (72%), exercise (60%) and learning new skills (59%) were helpful for their mental health during this time.
- 66% of respondents agreed that watching or reading the news was unhelpful for their mental health.

Engaging with your MP

We are working with YoungMinds on a campaign asking the government to take a new approach to mental health support in local communities through a network of mental health 'hubs' that provide early support to young people.

We will be writing to MPs, asking them to write to the Prime Minister calling for national funding for mental health hubs as part of the spending review in Autumn.

We will provide you a campaign pack from YoungMinds in May to help you with this so keep an eye out for that arriving in your inbox.

Who's my MP and how do I contact them?

The UK is split up into 650 different constituencies each of which is represented by a Member of Parliament. This MP is elected by the people who live in that area to represent them at Parliament. If you're part of a Youth Council, make sure you're contacting all of the MPs in your area and not just one or two.

We know that contacting your MP for the first time can be intimidating, especially if you don't know who they are or

what they're interested in! Here are some links that might be helpful before you get in touch:

- They Work for You: Type in your postcode on this website (www.theyworkforyou.com/) and you'll get loads of info about who your MP is and what they've done in Parliament in the past.
- Parliament website: You can get loads more information about your MP by visiting Parliament's website (<https://members.parliament.uk/>) and typing in your postcode.



Creating a Blueprint for Children and Young People's Mental Health

As we emerge from the pandemic, we believe it is vital that we create a vision for what we believe children and young people's mental health should look like. We hope to work with YoungMinds over the summer to support you in running consultations with young people in your area to help create this blueprint.

YoungMinds will be carrying out a research project for this vision which will incorporate the NHS, schools, universities, local communities, trusted adults and cross-cutting themes like stigma. This will be your chance to make sure your voice and the voices of young people in your community are heard when it comes to how they want mental health support to look in the coming years.

We'll have more detail on this closer to the time, so keep your eyes peeled and get prepared to speak with the young people you represent and find out what their vision is for young people's mental health!

Comprehensive Spending Review Campaign

What is the Comprehensive Spending Review?

In November of 2020 the Government set out its plan for how it would spend money over the coming year in a spending review. Originally they'd planned to set out their plans for the next 3 years, but because of Covid-19 they chose to delay their Comprehensive Spending Review, or their 3 year plan, until November 2021.

This means that over the course of this year the Government will be making some big decisions about what they spend money on for the next 3 years. They'll be asking people from all over the country and from different backgrounds to say how they'd like to see the money spent. In our campaigns we're going to use this as an opportunity to highlight the priorities for young people.

Having worked with young people to create a blueprint for what children and young people's mental health provision should look like, we'll be campaigning with YoungMinds to have this vision taken seriously by the Government.

We'll also be supporting YoungMinds' campaign asking the government to take a new approach to mental health support in local communities through a network of mental health 'hubs' that provide early support to young people.

Once we've taken part in the first two actions outlined in this pack and developed more of an idea of what young people across the UK want, we'll give you more resources to help you engage with this process. Keep an eye out for this in late summer and early autumn!

YoungMinds' Movement for Change

We will be supporting Young Minds' launch of their Movement for Change. This is an opportunity for young people to campaign on the issues that matter to them.

The Movement for Change will harness the creativity and energy of young people, with the aim of influencing the Government to deliver the mental health support that young people really need. Through training, support and digital innovation, the Movement for Change will ensure that every single young person who wants to use their voice to start changing things for the better will be able to do so.

We're really looking forward to Members of Youth Parliament becoming involved with the Movement for Change, and using your reach and influence to ensure that as many young people as possible can speak up about the change they want to see.

Letting us know what you've achieved

We know that you are going to achieve some amazing things through our campaigning together this year. In order to make sure we can share your best ideas and your achievements please use this surveymonkey to let us know about anything you're particularly proud of:

www.surveymonkey.co.uk/r/JQCY7XY

This will help us measure our impact and share campaign ideas across our network.



The British Youth Council 2021

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