

Easy Read

# Let's talk about mental health

The Welsh Youth Parliament Emotional and Mental Health Support Committee

This document was written by the **Welsh Youth Parliament's Emotional and Mental Health Support Committee**. It is an easy read version of 'Let's talk about mental health'.

9 October 2020

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# How to use this document



This is an easy read version. The words and their meaning are easy to read and understand.



You may need support to read and understand this document. Ask someone you know to help you.



Where the document says **we**, this means **The Welsh Youth Parliament's Emotional and Mental Health Support Committee**. For more information contact:



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This document was made into easy read by **Easy Read Wales** using **Photosymbols**.

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# Introduction



The **Welsh Youth Parliament** was set up in 2018. It is a group of 60 young people. We stand up for the views of children and young people across Wales.



People told us that **Emotional and Mental Health Support** was 1 of the most important subjects they'd like us to look at.



That is why we set up the **Welsh Youth Parliament's Emotional and Mental Health Support Committee**.



Many young people experience mental health issues. We wanted to find out what they thought.



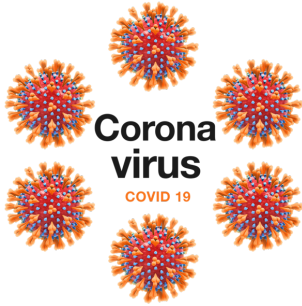
We have talked to a lot of people about their experiences and given out surveys.



We have also talked to parents, carers and people who work in education, like teachers.



We would like to thank everyone who has got involved.



We have also wanted to give people support because of Coronavirus, known as Covid-19.



So, we have done things like telling people about activities. And given information about services that can help.



We also spoke to the First Minister of Wales, Mark Drakeford, about coronavirus.

### **This report is about:**

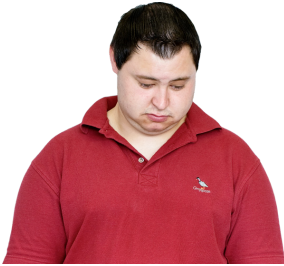


- what people said about emotional and mental health support
- what we have learnt
- and what we think needs to happen next

# What people think?



More than 6 in 10 young people who answered the survey said they had difficulties with their emotions or mental health, every week or more.



For example, things like:

- Feeling sad



- Feeling stressed



- Feeling angry



- Feeling worried



More than half of these young people said they had never had support for their emotions and mental health.

# Information and Awareness



A lot of people said more information was needed about how to get support.



A lot of young people said they would go to family and friends for support.



Some people thought young people should be able to learn more about good mental health at a young age. This would help them if they had issues.



A lot of young people said mental health was not talked about much at their school or place of learning.



And less than half thought the support they got was good.



A lot of young people need support with their mental health but not serious enough to use **Child and Adolescent Mental Health Services (CAMHS)**.



So some people think there should be more services to help them.



Some people think support should be there earlier, before problems get too big.

## What we think needs to happen



We think information about mental health needs to be better.



It also needs to be clearer and easier to use.



To make sure this happens, we think young people should be able to have a say about what the information is like.



We also think information should be made for friends, families and carers. To help them support young people who are struggling with their mental health.





We think there should be more money for things like advertising. This would help make people aware of what information and support is around.



There needs to be a '1 stop shop' where people can go to get all the support they need.



We think young people should be taught more about emotions and mental health at a young age.



We also think more counselling should be available in schools. This is for young people to have someone to talk to about their problems.

# Getting support



Most young people said they felt they could not ask for help for their mental health. Because they were worried what people would think.



They said it was important to make it normal to talk about mental health.



Adults said it should be made easier for young people to talk about their mental health. And to make people more aware of the issues.



A lot of people thought they had to wait too long for support.



Some people said they waited up to a year for support.



Most parents thought the support young people got was not very good.



A lot of adults and younger people felt support was needed for longer.



A lot of people said that **Child and Adolescent Mental Health Services (CAMHS)** should be bigger and have more funding.

## What we think needs to happen?



Help needs to be given for young people to feel more confident to get the support they need.



Schools could help with this.



We also think that schools, colleges and youth groups could help young people to talk more about mental health.



We also want more information to be available online for people who would prefer that.



We think it is very important that waiting times to use **CAMHS** should go down.



And support from **CAMHS** needs to be better.



We also think more needs to be done to support young people to find other services when they don't use **CAMHS**.



For example, where they could learn skills to help manage mental health issues.



We would like to thank everyone who took the time to tell us what they think about these issues.

# More information and support



If you would like to speak to someone about your difficult emotions and mental health, here are some places that can help:



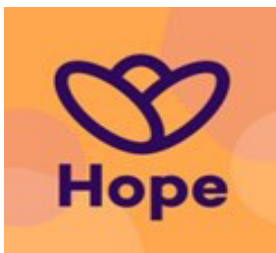
## Meic Cymru

**Phone:** 080880 23456

**Text:** 84001

or through their online messaging service

**Website:** <https://www.meiccymru.org>



## Hub of Hope

**Website:** <https://hubofhope.co.uk>



## CALM (helpline for boys/men)

**Phone:** 0800 585858

**Website:** <https://www.thecalmzone.net/>



## PAPYRUS (prevention of young suicide)

**Phone:** 0800 068 4141

**Website:** <https://papyrus-uk.org>



## Samaritans

**Text:** 116 123