



YOUNG PEOPLE AND THEIR MENTAL HEALTH

Update - May 2018

What is this update all about?

This update is for children and young people who live in Bromley and those who look after them such as families, friends and carers.

It describes how NHS Bromley Clinical Commissioning Group (CCG) is working with young people, communities and local services to improve emotional and mental wellbeing care in Bromley.

Being emotionally well means you can better cope with problems such as family, work or school. It means you have learned how to deal with your anger, worries and stress.

We are planning to improve emotional and mental wellbeing care through co-production.

What is co-production?

Co-production involves bringing everyone that is involved in a particular programme together as equal partners with an equal say in how it is developed and how it works.

We want to do it this way so that young people will have as much of a say as doctors, nurses, managers and others, on what emotional and mental wellbeing services are needed in Bromley to keep them well. After all they are in the best position to tell us what they need.

At the end of the co-production programme we aim to have services in place that will help keep young people well and quickly support them when they need more help. This care will have been co-designed and co-produced by young people, communities and other organisations.

What have you done so far?

So far we have talked to lots of young people in Bromley about their emotional health and gathered views from many more that filled in our survey. This information is very important. It helps us to understand what young people need to keep emotionally well.

WHAT IS BROMLEY CCG?

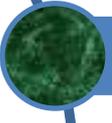
The CCG is the lead health organisation in Bromley. It is in charge of making sure people who live in Bromley get the health care they need from local services.



What did young people say?

Some filled in a survey and others took part in discussions at their school or at a youth or support group. We also held three community events in February in children's centres to gather views. In total we heard from over 1,500 young people.

We asked young people:

-  What or who helps you to stay emotionally well?
-  How?
-  Who helps you cope when you don't feel emotionally well?
-  How?
-  What other skills and knowledge do you need to keep well?

This is what they told us:

What or who helps you to stay emotionally well?

Young people described 25 different ways in which they keep themselves emotionally well. This included family, friends, parents, sports, music and spending time alone.



How?

20 ways were described. This included being supported and helped, listening, talking and being cheered up. Also calming activities and doing something that makes them laugh or be happy.

Who helps you cope when you don't feel emotionally well?

Again 25 different ways were described including friends, family, parents, music and spending time alone.

How?

20 different ways were described including talking, listening, getting support and being helped. Also distraction, calming techniques and cheering themselves up.

What other skills and knowledge do you need to keep well?

Forty one different types of skills and knowledge that young people already had were described. This included the ability to share with others / reaching out for advice, how to stay calm and in control of emotions. Also mentioned were distraction by getting involved in activities, thinking positively and talking to family, friends and teachers. 5% of young people said they didn't have any skills or knowledge to help them keep well.

What else did we find out?

Two years ago we talked to a smaller number of young people to find out what needs to be in place to support them with good emotional wellbeing. They told us about 15 important areas.

We tested these 15 important areas during our recent work with more young people and they were the same. Young people told us they need more support to help them stay well and get help quickly when they need it.



The 15 important areas are:

External Factors	Good Functioning	Personal Resources
Friends with good advice who care about you	Relatedness peers and adults	Empathy
Confidential services	Independence	Self-esteem
Acceptance	Choice	Patience
Close family	Emotional intelligence	Understanding your feelings
Schools that care about your life	Community connectedness	Directing emotions

So what happens next?

We are now entering a process in the co-production programme called **co-design**. This involves bringing together young people and other organisations to work together and design what kind of support and services need to be in place to meet the needs that young people have told us about. The timeline below explains more about the next steps and when they will happen.

May 2018 NETWORK DEVELOPMENT	We are bringing together young people and other organisations that care about children and young people, in particular supporting their emotional and mental wellbeing. This 'network' of people will work together with local services to improve the care provided. Young people will be directly involved through a youth forum and supported to take part.
June 2018 CO-DESIGN	This network will work together with local services to co-design what kind of care is needed to meet the needs of young people in Bromley.



March to May
2019

NEW
CONTRACTS

Look at how we get the right services in place to deliver the care that is needed.

Do you want to get involved?

If you want to know more about the co-production programme and get involved, please email broccg.coproduction@nhs.net. You can join the youth forum and get all the support you need to take part and have your say.

Look after yourself

It's completely normal to feel miserable or unhappy sometimes. But if these feelings just don't go away then please get some help. There are lots of services in Bromley available to help you cope better.

If you need help, please talk to someone you feel comfortable with such as a friend, family member or your General Practitioner (GP).

You can also get in touch with the Bromley Y service which supports young people with their emotional and mental wellbeing.

Call Bromley Y on 0203 770 8848

Or you can email them on info@bromleyy.org

If you need immediate support or if it is an emergency and you cannot contact your GP then go to the A&E department of your local hospital.

Keep yourself mentally well by:

- Eating a balanced diet and getting regular exercise.
- Having time to play, indoors and outdoors.
- Going to a school that takes care of your mental wellbeing.
- Taking part in activities.
- Being part of a family or network that gets along well most of the time.



Useful websites and other information

www.bromleywellbeingcyp.org/contact-us

www.nspcc.org.uk/

www.youngminds.org.uk

www.nhs.uk

www.rethink.org/YoungPeople/Information

There are also lots of apps available for your phone that will help you with anxiety, being worried or depressed. Just search the word 'mental health' in your app store to see what is available.

You might want to join a local group such as a youth or sports club so that you can meet more people and get out and about. There is lots of information about local groups on the Council website at www.bromley.gov.uk