

# London Vision

Improve the emotional wellbeing of children and young Londoners



**Our ambition:** every London child reaches a good level of cognitive, social and emotional development with effective child and adolescent mental health services available to all young people whenever they need them.

**Our commitment:** we will ensure access to high quality mental health support for all children in the places they need it, starting with 41 Mental Health Support Teams in schools, maximising the contribution of the Mayor's/GLA's Healthy Schools London Programme and Healthy Early Years London Programme, and extending the use of digital support technologies.

## The challenge we face...

Young Londoners experience worryingly high levels of poor mental health and frequently face challenges when trying to get help. Poor mental health is a cause of inequality and disadvantage, as well as one of its consequences. We need to design solutions with young people<sup>50,51,52,53,54,55</sup>

**1/2**

of all mental health problems manifest by age 14 and 75% by age 24

**13%**

of 15-18 year olds have a mental health disorder

**123**

schools are an effective setting to offer interventions for low levels of mental health need

**35%**

of young Londoners surveyed would feel most comfortable getting support online

**30.5%**

Although treatment access rates for children and young people have improved, they are still just 30.5%

Poverty, neglect, ethnicity, domestic violence, being a looked after child, being from the LGBTQ+ community and many other inequalities can all lead to poor mental health

## Our actions so far...

- **Investing in children and young people's mental health services to achieve the national access target** of meeting the needs of at least 35% of children with a mental health conditions by 20/21, and contributing the national target of an additional 345,000 young people aged 0-25 by 2023/24
- **Investing £31m in mental health support teams** in schools, aiming for 41 teams in place across London by 2024 with teams in each STP area
- Promoting the GLA's Healthy Early Years and Healthy Schools London programmes to **support early years settings and schools to support the emotional wellbeing of children** and families
- **Training a mental health first aider for every London state-funded school and college** by March 2021 – funded by the Mayor
- Convening the **annual young Londoner-led mental health event** led by The Mayor's Peer Outreach Team and Thrive LDN
- Offering grants to **increase social action in young Londoners at greater risk of poor mental health**, through Young London Inspired - a joint Thrive LDN and Team London programme
- Sharing learning from the Young London Inspired programme to **encourage volunteering as a route to improving wellbeing** for young people at risk of mental ill health

## Our next steps...

- By the end of 2020/21, there will be 41 Mental Health Support Teams operational in London, delivering evidence-based interventions for children and young people with mild-moderate mental health conditions. This represents an investment in excess of £25M. We are working with local areas to expand further, aiming to meet the NHS Long Term Plan ambition of 25% coverage by 2023. This supports our London ambition to ensure that all children and young people in London are able to access appropriate mental health support when they need it.
- Schools and colleges will have the opportunity to receive evidence-based training delivered by the Anna Freud Centre through the Schools Link Programme, so that children are able to receive the help they need at an earlier stage. We will work with CCGs and Local Authorities to ensure that all education settings are aware of this programme and encourage the highest possible engagement
- We will also establish a dedicated programme to work with schools, children's centres, early years education providers and local integrated care systems, with the aim of increasing participation in the GLA's Healthy Schools London and Healthy Early Years London programmes, and promoting mental health first aid training, suicide prevention training, and access to digital support technologies
- We will extend the Good Thinking digital wellbeing service so that it meets the needs of young Londoners aged under 18

