


COMMUNITY HEALTH CHAMPIONS Q & A TAKE-AWAY

1ST NOVEMBER 2021

YOUNGER PEOPLE'S MENTAL HEALTH



HAVING TALKED TO A FRIEND WITHIN CAMHS*, THEY ARE SEEING A BIG INCREASE IN YOUNG PEOPLE EXPERIENCING COVID ANXIETY. THIS CAN BE AROUND A WHOLE RANGE OF CONCERNS FROM WORRIES ABOUT THE ILLNESS ITSELF TO THE IMPACT ON THEIR EDUCATION AND SCHOOL LIFE.

THERE ARE LOTS OF FAMILIES WITH YOUNG PEOPLE IN MY NEIGHBOURHOOD AND I WANT TO BE ABLE TO DIRECT THEM AND THEIR PARENTS TO SUPPORT ESPECIALLY AS THERE CAN BE A DELAY ACCESSING SERVICES THROUGH CAMHS. I FOUND THE YOUNGER MIND WEBSITE WAS USEFUL – IS THIS OK TO SHARE VIA THIS PROJECT?

Yes, we are becoming increasingly aware of the impact on young people including the increase in loneliness experienced by young people.

There are lots of useful resources nationally and lots of fantastic support delivered locally including things that can be accessed without waiting lists.

We will build up our resources section around mental health support and you may also find it useful to access the Stoke on Trent Community Directory to find out more about locally available support.

* CAMHS Children and Adolescent Mental Health Services

ASK YOUR QUESTIONS

The best way to ensure that we are sharing the right messages in the right ways, is by asking local Public Health leaders and professionals.

If you have any feedback or concerns, or you would like some guidance on sharing the right info, ask away at one of our Q&A drop-in sessions.

Meeting ID: 831 8589 5266 | Passcode: 642480

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