

YOUTH TALK

We're listening

St Albans Deanery Synod 8th February 2022

David Barker
Chief Executive

This evening. . .

- The mental health landscape
- Impact of the pandemic
- What we are doing at Youth Talk
- How you can help
- Questions

Mental health is as important as physical health

*Physical
health*



*Mental
Health
(the poorer partner)*



Greater profile and awareness

IT'S OKAY TO
NOT BE OKAY

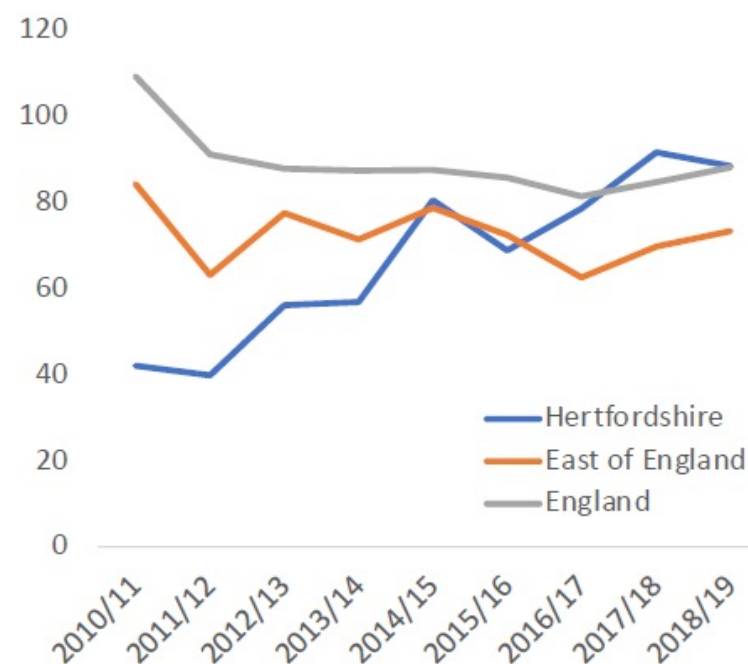


A survey said. . .

- One in three mental health problems in adulthood are directly connected to an adverse childhood experience
- Three-quarters (76%) of parents said that their child's mental health had deteriorated while waiting for support from Child and Adolescent Mental Health Services (CAMHS)
- Suicide was the leading cause of death for males and females aged between five to 34 in 2019
- Two-thirds (67%) of young people said they would prefer to be able to access mental health support without going to see their GP but nearly half (47%) said they didn't know how else to access this help
- Just over one in three children and young people with a diagnosable mental health condition get access to NHS care and treatment

Hertfordshire has seen growth in need for mental health support for young people, above the national average

Estimated hospital admissions for mental health conditions for children aged 0-17 years per 100,000



Estimated number of young people with mental health conditions across St Albans City & District based on prevalence in Hertfordshire

Metric	Hertfordshire	East of England	England
Estimated number of children and young people with mental disorders aged 5-17 (2017/18)	23,511	115,327	1,030,728
Estimated number of hospital admissions as a result of self harm aged 15-19 per 100,000 (2017/18)	400	588	649
Number of school children (primary and secondary) with SEN identified as having social, emotional and mental health as the primary type of need, as a % of all school pupils (2020)	2.98%	2.69%	2.70%

• Source: PHE Fingertips, CF analysis

Impact of the Pandemic (A crisis within a crisis)

- 80% of respondents agreed that the coronavirus pandemic had made their mental health worse.
- 67% believed that the pandemic will have a long-term negative effect on their mental health.
- Limited access to professional services (as services were overwhelmed)
- Increased anxiety, isolation, difficulty with motivation
- Lack of separation between study and home life



- A sense of not being able to cope
- Compounded further for those who were already struggling

Drivers of poor mental health:

- 79% said not being able to see people
 - 74% were anxious about family and friends getting coronavirus
 - 83% of young people said boredom
 - 72% said loneliness
-
- Anxiety/depression in particular on the increase



About us



How young people can get help

- 13-25 years of age
- St Albans District
- Self referral service.
- No one needs to know
- Completely confidential
- No charge
- See people for up to a year



Response to COVID-19

- March 2020 - All face to face counselling sessions switched to Zoom or telephone appointment
- 97% take up rate
- Pre-pandemic we were providing 50-60 sessions a week
- Currently providing 100 sessions a week
- 100 young people on our waiting list
- Unprecedented demand and challenge

The difference we're making

" My counsellor was great. She really helped me. I feel like a different person to when I came in "

" Without Youth Talk I would have gotten considerably more and more unhappy and potentially harmed myself "

The difference we're making

**" Thank you so much,
you have made me feel
so much better about
so many things :) "**

**" My counsellor helped
me get through so
much. She made me
feel that it was okay
not to be okay
sometimes "**

We can't do it alone. . .

- 75% of young people who are experiencing mental health problems are not receiving treatment
- We have an urgent need to grow our offering
- Young people are waiting for help
- Without help, things can (and do) get even worse.
- Clinical costs are rising, a need for larger premises.
- We're stronger together.

How you can help

- Fundraise in aid of Youth Talk
 - Visit www.youthtalk.org.uk/getinvolved for ideas and inspiration
- Make a donation and/or become a regular giver
- Tell one friend about the impact of our work on local young people
- Follow us:

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Questions