



Whilst we celebrate Black History Month throughout October, we also recognise World Mental Health Day on 10<sup>th</sup> October. This year the theme is 'Mental health is a universal human right'. During the course of the month, learners will receive information and guidance during tutor time on how to look after their mental health and what they should do if they feel that their mental health is suffering.

In February 2023, Action for Children reported “[One in six children aged 5-16](#) are likely to have a mental health problem. This figure has gone up by 50% in the last three years. Between 2021 and 2022 alone, the proportion of older young people aged 17-19 in England with a probable mental health disorder jumped from [one in six to one in four](#)”

We also know that services are stretched. In the same report it was noted that “Early intervention can make a huge difference when it comes to mental health. But in a recent [YoungMinds survey](#), three-quarters of parents said that their child's mental health had deteriorated while waiting for support from Child and Adolescent Mental Health Services (CAMHS).

And while more than half of 16–25-year-olds have seen their GP about their mental health at some point, many aren't seeking the help they need. Some young people don't feel that their problem is 'bad enough'. Others would prefer not to go through their GP to get support on mental health issues” We also know how difficult it can be to even get a GP appointment.

We can provide early help support as college. We have two Mental Health First Aiders in college all week, our Chaplaincy team available Monday and Wednesday, our College Counsellor in on a Monday and Friday and an Educational Mental Health Practitioner from CAMHS, in on a Tuesday. If as a parent, you feel your child needs supporting, please contact the relevant Head of Year in the first instance. We, do have a waiting list, but unless we know we cannot help.

Useful resources:

[Parents Mental Health Support | Advice for Your Child | YoungMinds](#) – Helpline  
08088025544

[Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](#) Helpline  
08088002222

[Home | Gingerbread](#) – provides single parents with advice and support. Helpline  
08088020925

[Finding the right support for you and your family | Anna Freud](#)

[How to support 11-18 year olds with mental their health - Mind](#)



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