



Children & Young People's Mental Health Coalition



ZURICH[®]

Community Trust

About the Coalition

The Children and Young People's Mental Health Coalition brings together leading children and young people and mental health charities to campaign with and on behalf of children and young people in relation to their mental health and wellbeing. With a unified voice, the Coalition aims to achieve policy changes at the highest level that will directly improve the mental health and wellbeing of children and young people across the UK. This is necessary because at any one time, one in ten children and young people have a diagnosed mental health problem and it is now well established that the antecedents of most adolescent and adult mental illness are in childhood. Addressing issues early will ensure better outcomes for individuals and for society.

The Coalition's 4 key areas of focus are:

The Early Years

To have greater emphasis on the psychological aspects of parenting and providing parents/care givers with the knowledge and tools to improve their own and their children's mental health and wellbeing.

Building Emotional Resilience

To support all children and young people to meet the challenges of growing up by equipping them with self-awareness and emotional resilience to achieve good mental health.

Reaching Adulthood

To achieve greater recognition that development to adulthood continues to the mid-twenties and demands a responsive and flexible approach across all areas of health and social policy and practice.

Seldom Heard Voices

To give all children and young people timely access to good quality mental health and wellbeing support, with effective outcomes, regardless of their ethnicity, gender, sexual preference, disability or other personal experience.

Funded by:



The **Zurich Community Trust**, a registered charity funded by pre-tax profits and donations from Zurich's people, provides an umbrella for all Zurich's community involvement in the UK. The Trust's national Transformation programmes create sustainable change through long-term funding and active employee involvement. The Trust works closely with innovative partners, to significantly impact the lives of disadvantaged people in the UK and overseas. We also manage and match Zurich employees' and financial advisers' £1 million donations, 22,000 hours of business volunteering time including 190 annual team challenges. Around £63 million has been donated since inception in 1973 and supports around 700 charities each year.

Coalition core members



Children England is the leading membership organisation for the children, young people and families voluntary sector. Our mission is to create a fairer world for children, young people and families by championing the voluntary organisations that work on their behalf. We achieve this by supporting our members through: a range of practical resources including training, events and high quality information; promoting good practice; stimulating policy debate; lobbying and influencing central and regional government, local authorities and decision makers. Children England works alongside members and partners, our strength is in using the collective voice of the children, young people and families voluntary sector to achieve change.



Family Action is a national charity that has provided support to children and families in need for 140 years. We help over 45,000 children and families a year by providing financial, emotional and practical support, especially to those living in poverty. About 15% of our income supports our work with adults with enduring mental health problems while we provide 12 Building Bridges services across England working with families affected by poor parental mental health. We also work with over 140 schools, supporting children, young people and their families in partnership with school staff.

Mental Health Foundation

Founded in 1949, the **Mental Health Foundation** is the leading UK charity working in mental health and learning disabilities, and incorporates the Foundation for People with Learning Disabilities. We bring together teams that undertake research, develop services, design training, influence policy and raise public awareness within one organisation. We use our findings to promote survival, recovery and prevention. We do this by working with statutory and voluntary organisations, from GP practices to primary schools. We enable them to provide better help for people with mental health problems or learning disabilities, and promote mental well-being. We also work to influence policy, including Government at the highest levels, and use our knowledge to raise awareness and to help tackle stigma attached to mental illness and learning disability.



For better
mental health

Mind is the leading mental health charity in England and Wales, working to create a better life for everyone with experience of mental distress by:

- advancing the views, needs and ambitions of people with mental health problems
- challenging discrimination and promoting inclusion
- influencing policy through campaigning and education
- inspiring the development of quality services which reflect expressed need and diversity
- achieving equal rights through campaigning and education.



The **National Children's Bureau (NCB)** is a charitable organisation that is dedicated to advancing the health and well-being of all children and young people across every aspect of their lives and providing them with a powerful and authoritative voice. NCB works from an evidence-informed perspective and across multi-disciplinary partnerships to influence policy, practice and service developments and undertake high-quality research. We promote many charitable networks, fora, councils and partnership programmes and support those working with and on behalf of children, their families and carers. Participation and partnership are at the heart of everything we do. Our young member's scheme, Young NCB, enables us to reach and support children and young people themselves, ensuring they are valued, their rights are respected and their voices can be heard.



Founded in 1994, The **Place2Be** is an award winning charity that works in partnership with schools and local communities to improve the mental health of children, young people and their families. As an organisation we provide a range of integrated specialist counselling services and accredited training programmes which are specifically focused on improving the emotional wellbeing of children and young people. Today we are successfully working in 155 schools across the UK, supporting more than 51,000 children in 17 different regional authorities - and a further 15,000 children through our training.

RIGHThere

Right Here is a pioneering five-year project by Paul Hamlyn Foundation and the Mental Health Foundation to change the way services look after the mental health and wellbeing of 16 – 25 year olds. Working with four local projects ('pilots') in Newham, Brighton and Hove, Sheffield and County Fermanagh, Northern Ireland, we hope to demonstrate how fresh ways of reducing stigma and meeting young people's mental health needs can reap lasting benefits. The local projects will be launched in June 2010. The Mental Health Foundation is a leading UK charity that provides information, carries out research, campaigns and works to improve services for anyone affected by mental health problems, whatever their age and wherever they live.

rethink

Rethink, the leading national mental health membership charity, works to help everyone affected by severe mental illness recover a better quality of life. Our aim is to make a practical and positive difference by providing hope and empowerment through effective services and support to all those who need us. We believe that people who experience severe mental illness are entitled to be treated with respect and as equal citizens. We actively campaign for change through greater awareness and understanding.

YOUNGMINDS

YoungMinds is the UK's leading charity committed to improving the emotional well being and mental health of children and young people and empowering their parents and carers. Driven by their experiences we campaign, research and influence policy and practice. We also provide expert knowledge to professionals, parents and young people through our Parents Helpline, online resources, training and development, outreach work and publications.



Young Scotland in Mind is a network of voluntary sector organisations, led by Barnardo's Scotland, who are committed to improving the mental health and wellbeing of all children and young people in Scotland. YSIM recognises the invaluable contribution the voluntary sector makes to the positive mental health and wellbeing of thousands of children and young people across Scotland through the provision of a wide range of services.



Youth Access is the national membership organisation for young people's information, advice, counselling and support services (YIACS). Through our 250 + membership of predominantly local voluntary sector organisations, Youth Access is the largest provider of advice and counselling services in the country; dealing with over 1 million enquiries a year on issues as diverse as mental health, relationships, sexual health, homelessness and benefits. Youth Access provides training, resources, research, campaigning and other information and support to ensure high quality services exist to meet young people's needs, particularly those aged 16-25 years.

YouthNet

www.youthnet.org

YouthNet aims to create a socially inclusive environment where young people living in the UK are engaged, informed and inspired to achieve their ambitions and dreams. We deliver high-quality information, signposting and frontline emotional support primarily through the internet. We do this mainly through our three websites: TheSite.org, Do-it and Lifetracks.



Action for Children supports and speaks out for the most vulnerable and neglected children and young people in the UK. Through our work and through speaking out, we seek to break the cycle of deprivation. We challenge injustice and empower children to overcome the obstacles in their lives that hold them back. We work with children and young people: whose families need support; who cannot live with their birth families; who are disabled; and who experience severe difficulties in their lives.



Prince's Trust

The Prince's Trust gives practical and financial support to 14–30 year olds, enabling them to develop skills that will help them to move into education, employment or training. Since 1976 The Trust have helped 600,000 young people and support 100 more each day. To continue the work, The Trust needs to raise £40 million this year. Over the next 3 years The Prince's Trust is working with Zurich Community Trust to deliver emotional support to over 5,000 young people. Staff, volunteers, delivery partners and social work students will be offered Mental Health First Aid Training and working with Universities we will offer social work students placements on our flagship programme.