

Access to mental health and wellbeing information and support

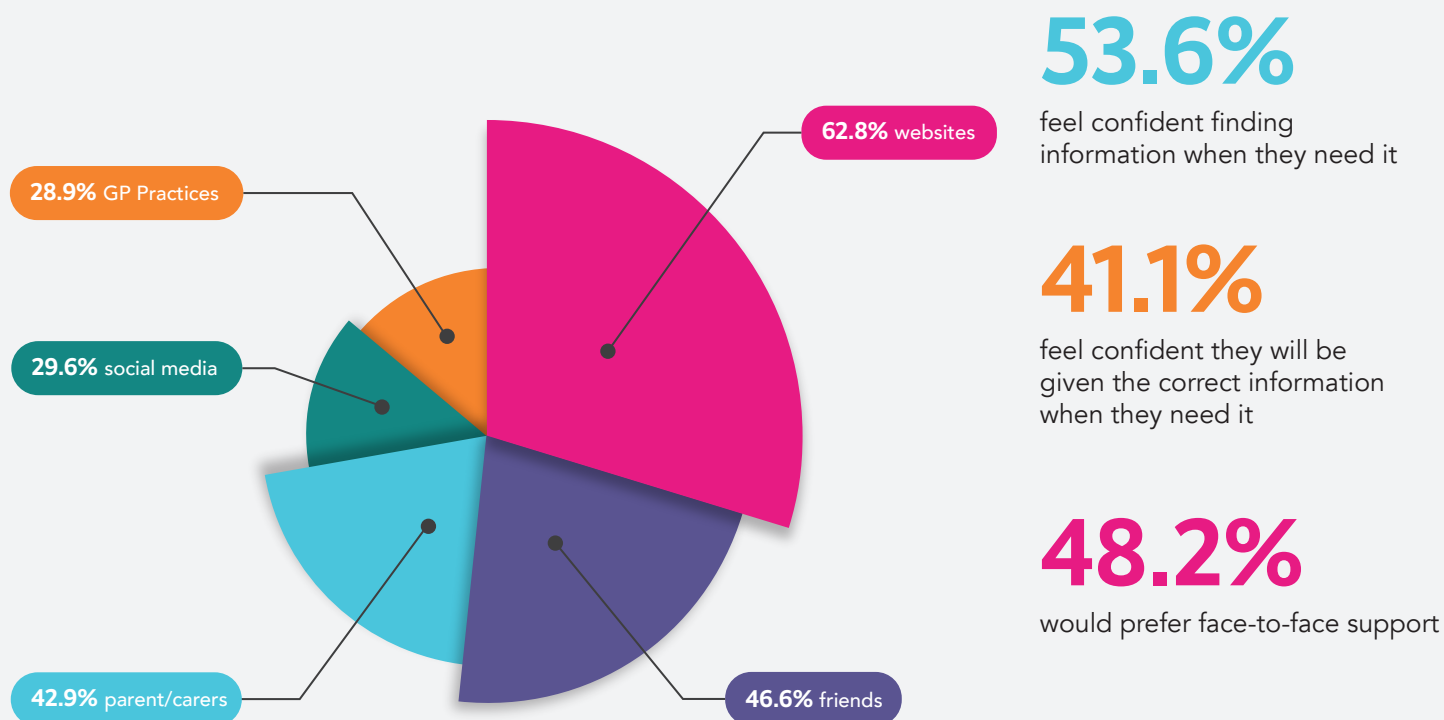
Views from children and young people

Views from 12 to 25-year-olds

Almost half of the children and young people aged 12 - 25 told us they do not feel good about their mental health and wellbeing.

Accessing support

Twelve to 25-year-olds access information on mental health and wellbeing from:



53.6%

feel confident finding information when they need it

41.1%

feel confident they will be given the correct information when they need it

48.2%

would prefer face-to-face support

Face-to-face and online mental health and wellbeing support should feature:



- trust
- privacy
- feelings of safety and familiarity
- non-judgemental engagement
- a sense of understanding and empathy

The most common barriers to using online/digital support:



- a lack of access to devices
- internet connection
- a lack of privacy.



Concerns about school-based support are:

- confidentiality
- anonymity
- privacy
- stigma