

# Cheat Sheet

## Young people's mental health

- 75% of mental illness starts by age 24, and more than half by age 14 (ie there's a clear need for good quality support for young people)<sup>1</sup>
- Poor mental health is linked to poverty, poor housing, debt and other social factors.<sup>2</sup>
- People with severe mental health conditions such as psychoses and eating disorders die on average 10–25 years younger than those without.<sup>3</sup>
- Worldwide, suicide is the 3rd leading cause of death among adolescents.<sup>4</sup>

## Young people's access to support

- Only 7% of NHS funding goes to mental health, and only 7% of that goes to under 18s – that's just 0.5% of NHS funding.<sup>5</sup>
- Young people have experienced the least improvement in health status of all age groups in the UK over the last 50 years.<sup>6</sup>
- Only 1 in 4 young people needing mental health care access NHS-funded services. The government is aiming to increase this to 1 in 3, but that's still so many young people left without support!<sup>7</sup>
- Average waiting time for Children and Adolescent Mental Health Services (CAMHS) is 15 weeks.<sup>8</sup>
- 70% of children and adolescents who experience mental health problems have not had appropriate interventions at an early enough age.<sup>9</sup>

## What young people want

- 78% of young people prefer specialist young people's services (ie not for children or adults, but tailored to young people's needs).<sup>10</sup>
- 85% would design mental health services up to aged 25.<sup>11</sup>
- 80% of young people want advice on everything in one place (eg mental health, sex and relationships, money, housing etc).<sup>12</sup>

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