

The Children and Young People's Mental Health Coalition

(CYPMHC) 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 CYPMHC 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 CYPMHC'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 well-being support, with effective outcomes, regardless of their ethnicity, gender, sexual preference, disability or other personal experience.

www.cypmhc.org.uk

Natural Childhood

This report presents compelling evidence that we as a nation, and especially our children, are exhibiting the symptoms of a modern phenomenon known as 'Nature Deficit Disorder'. We look at what this disorder is costing us, why it's proving so difficult to reverse, and gather current thinking on what we must do to eliminate it, before opening up the question to the nation for consideration.

It is important to state from the beginning that this is not an anachronistic lament on modernity. The benefits of modern technology are many; and to cry out for the return of some mythical golden age would be as ineffective as it would be misguided.

Instead, this report is a call to arms to ensure that as we move forward, we do so while retaining what is most precious and gives life most meaning. As Octavia Hill, one of the founders of the National Trust, observed over 100 years ago, 'the sight of sky and things growing are fundamental needs, common to all men.'

The lengthening shadow of what has been termed Nature Deficit Disorder threatens the fulfilment of that need; we must turn the tide.

The report's Foreword presents the issues in more detail, confronting head-on perceptions that Nature Deficit Disorder is either peripheral to society or simply an inevitable consequence of modernity. It also demonstrates the widespread consensus that something needs to be done to change the current situation, to enable our children to reconnect with the natural world.

This document is available in alternative formats on request from outdoor.nation@nationaltrust.org.uk or telephone 01793 817722

Family Minded

Family Minded is based on the experiences of a number of Barnardo's services that work with children whose lives are affected by parental mental ill-health. It is informed by the academic literature in this field. We explore the challenges of parental mental illness for both policy and practice, addressing mental health policy and practice in all four nations of the UK.

A wide range of Barnardo's services work with children and young people whose parents live with a mental illness. These include services for young carers; children's centres; parent education projects; behaviour support; family centres; help for people with substance abuse problems, and psychological support.

The aim of this report is to share knowledge and information from our work in order to:

- Raise awareness that many people with mental illness are parents and that their illness can affect children and family life in many ways.
- Highlight the need for both children's and adults' services to 'think family' by focusing on the needs of the whole family when parents are mentally ill and working together to commission and deliver services.
- Show how some Barnardo's projects across the UK work with families affected by parental mental illness.

www.barnardos.org.uk