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Community Care and development BMHP6022_LON

Mental health of young people in Harrow

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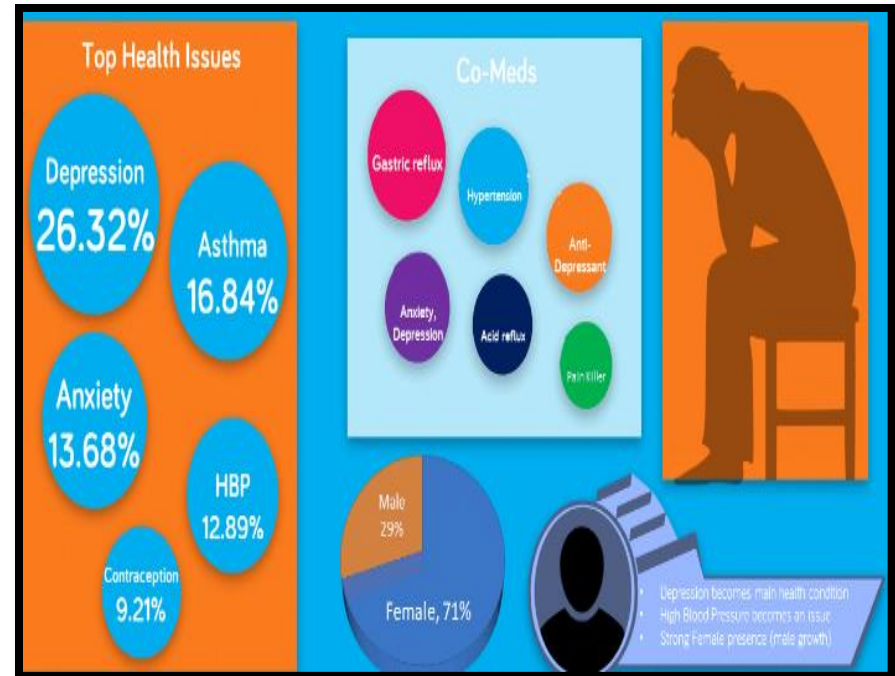
Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



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Introduction

- According to the initiative of the Office of Disease Prevention and Health Promotion's Healthy People 2030, the overall health of every community can directly affect the actual quality.
- The present study will mainly address the issue of mental health faced by a huge number of young people in Harrow over the past few years.



Source: <https://talkingmedicines.com/2020/10/the-prevalence-of-mental-health-issues-in-the-uk/>

Introduction

- The higher cost of living in the city including expensive transportation and housing has also contributed to the financial stress among the young community (Edwards and Jones, 2019)
- In the year 2022 18% of the children belonging to the age group of 7 years to 16 years and 22% of the young people added between 17 years to 24 years have been suffering from a probable mental illness issue

Stakeholders involved in the program



- The principle of community empowerment
- 10% of young people and children aged 5 years to 16 years have been suffering from mental health issue (Harrow.gov.uk 2024)
- Care providers can be considered as one of the most crucial stakeholders (Girdhar *et al.* 2020).

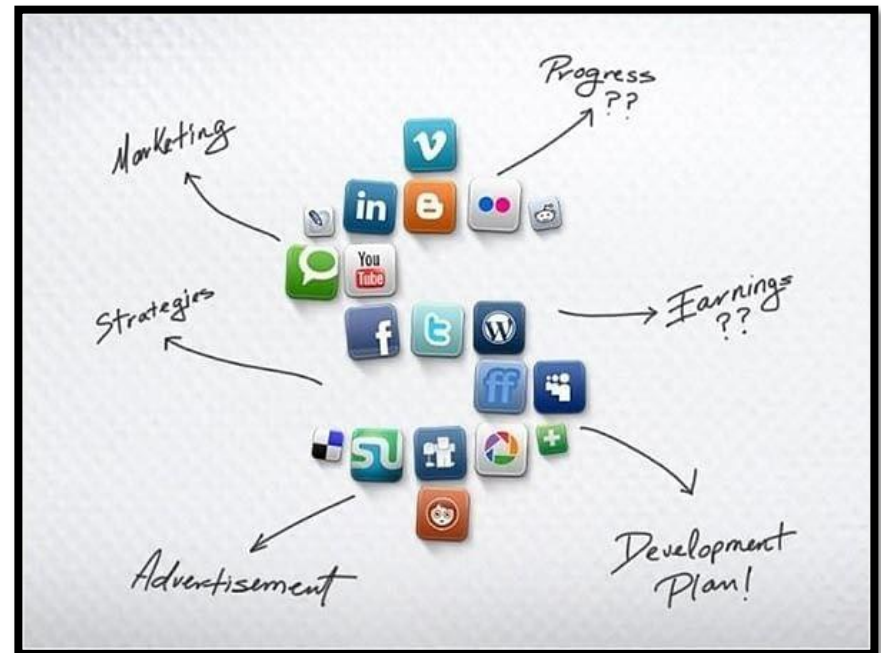
Stakeholders involved in the program

- Educational institutions such as schools, universities, colleges, non-profit organisations and community organisations, family members of the people suffering from mental illness issues.
- The guardians and the family members of the young people are extremely important stakeholders in this connection (Pitchforth *et al.* 2019)



Use of digital media and technologies for community development

- According to Deighton *et al.* (2019), digital media and digital technology have the capability of enhancing the community development
- Significant access to online counselling services which can reduce any kind of curiosity related to seeking help (van Os *et al.* 209).

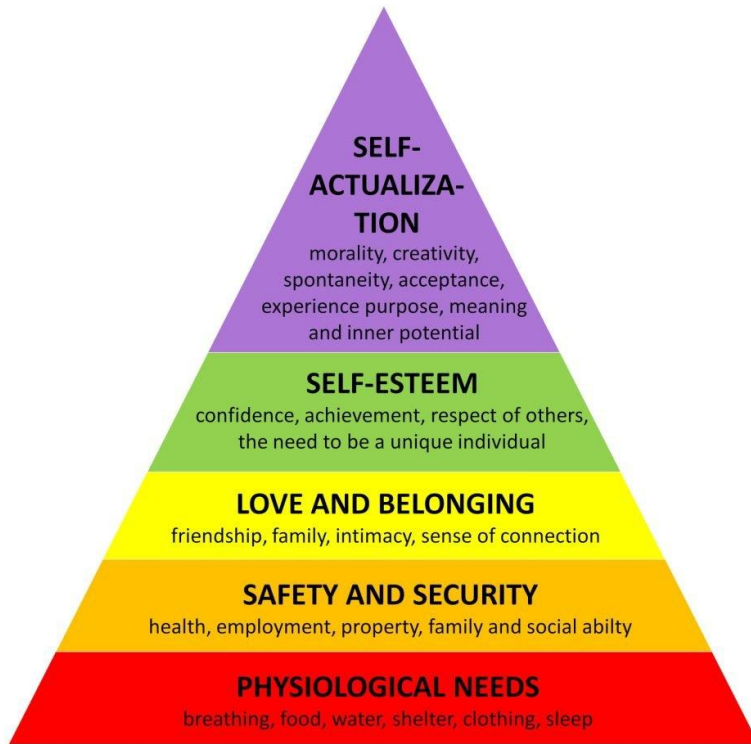


Use of digital media and technologies for community development



- Digital media also has the capability of empowering the young generation by providing them with a sufficient amount of skills, knowledge and resources.
- Efforts must be made to ensure that the digital resources are always culturally sensitive and always available in multiple languages across the whole country in the UK.
- Virtual meetings and online forums have a huge ability to facilitate communication and enhance knowledge sharing (Newlove-Delgado *et al.* 2021).

Theory



- Mindfulness and meditation mobile applications such as Talk space, Headspace, Calm
- Facebook and several other digital social media platforms to share inspirational quotes self-motivation
- Getting influenced by the Maslow's theory, Video conferencing via Zoom is also frequently used by mental health professionals

Legislation and policy impact the support and growth of a community

- National Health Service constitution or NHS tends to outline the responsibilities and rights of the patients (Mikkelsen *et al.* 2020)
- Mental Health Act 1983 is also an extremely popular legislation which tends to provide a significant legal remover for investigation



legislation and policy impact the support and growth of a community



- "Child and Young People's Mental Health Green Paper 2017" is known as a popular government policy
- Transformation Children and young people's Mental Health Provision Green Paper 2018
- Care Quality Commission of the UK tends to regulate mental health support services (Rogers and Pilgrim, 2021).

Barriers/obstacles to community development

- The social stigma and negative attitude of people surrounding mental illness ultimately discourage the young population
- It has been identified that there is a strong disparity in access to mental health services (Vigo *et al.* 2020)
- Digital technology tends to provide a significant opportunity of expanding access to mental health support and resources (Spoorthy *et al.* 2020).

Barriers/obstacles to community development

- Young community belonging to the backward class from taking advantage of online resources.
- There is still a certain level of gap in terms of providing support services necessary to help needy people across the whole country in the UK, including Harrow

Recommendations

- To foster collaboration between mental health services, social services and community organisations to ensure holistic support
- The governing authority can also be recommended to launch high-quality mental health support campaigns
- Sufficient financial investment in digital technology



Image credit: istockphoto.com/Natali_Mis

Conclusion



- To overcome the identified barriers, it is important to adopt collaborative efforts.
- The associated stakeholders can work together to overcome all kinds of obstacles

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THANK YOU