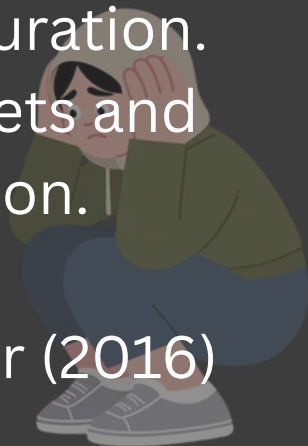


What causes mental health issues.

- The decline of outdoor play.
- The commercialisation of childhood.
- The 'schoolification' of early childhood.
- The decline of listening, language and communication skills.
- Screen saturation.
- Tests, targets and education.

~ Sue Palmer (2016)



Mental Health & Wellbeing

In 2023, one in five children and young people aged eight to 25 had a probable mental health condition. This number has been rising since 2017, most notably in the 17-19 age group.

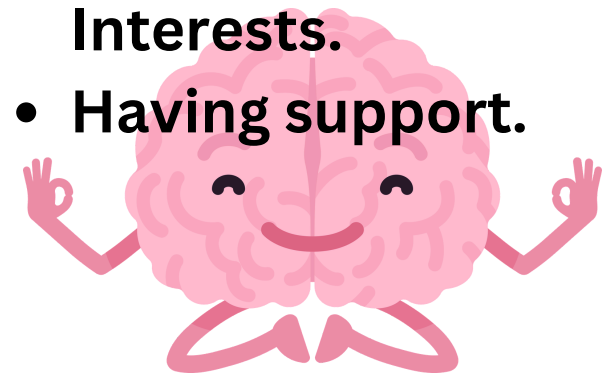
~ Young Minds (2026)

1 in 7 children aged 8 to 16 years had a parent who could not afford for their child to take part in extracurricular activities.

~ NHS (2025)

What can Improve young people's Health & Wellbeing.

- Being in nature.
- Music and the arts.
- Sports and fitness.
- Socialising.
- Being understood.
- Having a full stomach.
- Good nights sleep.
- Hobbies and Interests.
- Having support.



**Youth Workers
can offer tailored
support through
one-to-one
interventions.**

Other Services

- YoungMinds
- The Mix
- NHS CAMHS
- Papyrus

These are a few other services that offer support to young people.



**TOGETHER WE
CAN
STAMP OUT
EVERYDAY
DIFFICULTIES.**



How can Youth Workers help?

- One-to-one support.
- Group introduction.
- Informal education.
- Signposting.
- training opportunities.
- Guidance.
- Workshops.

These are just some of the ways Youth Work could be a great tool to young people. Contact your local authority for more information.