



Health and
Social Care

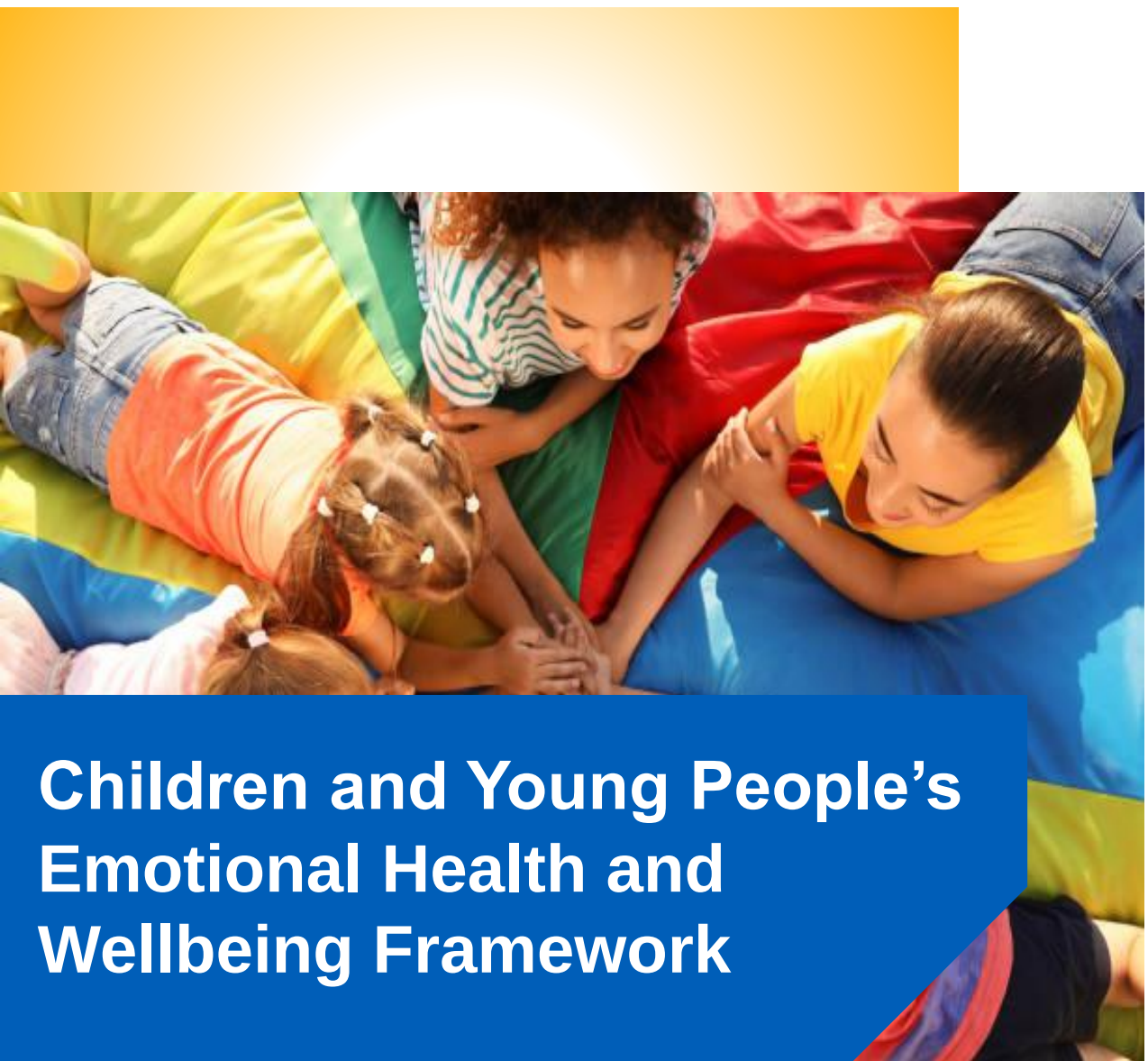


Department of
Health

An Roinn Sláinte

Mánnystrie O Poustie

www.health-ni.gov.uk



Children and Young People's Emotional Health and Wellbeing Framework



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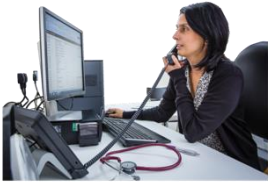
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What is a framework?



Lots of people and organisations help children, young people and families.

For example:



Schools, social workers, GPs, hospitals and community groups.

A **framework** helps everyone to work together, so that:



- children, young people and families get the help they need



- help is easy to find
- their lives get better

Emotional health and wellbeing



Emotional health and wellbeing is about how we think and feel.



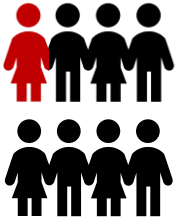
It is about understanding our own emotions.



It affects our relationships with other people.



It helps us with change, stress, and difficult situations.



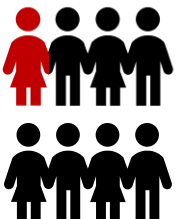
1 in 8 children and young people in Northern Ireland struggle with emotional health and wellbeing.



Children and young people in **deprived areas** are more likely to struggle with emotions or behaviour.



A **deprived area** is a place where people have less money and less access to jobs, housing, and healthcare.



1 in 8 children and young people have signs of mood or anxiety conditions.

Why do we need a framework?

People told us:



- it is hard to find out how to get help



- they wait too long to get help
- they need support while they wait



- there are not enough staff to help everyone



- children and young people who think or communicate differently find it even harder to get help

Our values

Our values guide everything we do.

They are:



Listen to children and families

Their experience helps us to make services better.



Put the child at the centre

Focus on the things each child is good at, and they help they need.



Help quickly

Try to help as soon as possible, to stop things getting worse.



Understand the child's world

Learn about the child's home, school and community.



Work together

Everyone must work as a team to give people the best support.



Use what works

Help people in ways that have worked well in the past. Try all the time to make services better.

What affects emotional health and wellbeing?



Examples of things that can **harm** emotional health and wellbeing:

- being disabled
- being excluded from school
- problems with speaking and communicating
- being abused or neglected
- using drugs or alcohol
- being in trouble with the police



Some more examples of things that can **harm** emotional health and wellbeing:



- arguments or violence at home or in a local area



- grief and loss
- family members taking drugs



- family members being in trouble with the police



- lack of education and things to do
- bullying



- not having a home to live in



These things **help** emotional health and wellbeing:



- good relationships with parents or carers



- feeling good about yourself and your future



- exercise, sleep and eating well

- success and achievement

- good friends



- hobbies like sport, drama, music and being outdoors

More examples of things that
help emotional health and wellbeing:



- a good life at home



- adults who support you

- good support at school



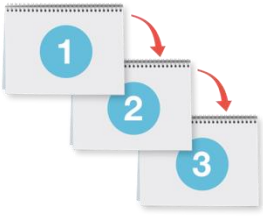
- rules that stay the same

- good healthcare



- good housing, in safe areas

3 types of help



We will work together to give people
3 types of help:



Advice and information

Information about emotional
wellbeing for everyone.



Early support

When people start to struggle or are
likely to need support in the future.



Enhanced support

Social care and health services for
children, young people and families.

Making services better



Make services accessible

Make it easier to find support.

There will be just one referral form.



Involve children, young people and families

Families will be involved in making decisions about their own care.



Give people high quality care

Care and support services will meet clear standards.



Evidence-based support

We will help people in ways that have worked well in the past.



Give people good information

People will get accessible information about health and wellbeing.



Work together well

Services will work together to give families the right support, at the right time.



Look after staff

Staff who work with children and families must be good at their jobs. They will get training and support.



Manage services well

We will write policies to help organisations run good services. We will tell people about the difference we make.



Understand what people need

We will learn more about what local people need. This will help us to make services better.



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