

Mental Health awareness in young people

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1 in 10 young people will experience a mental health problem, and nearly 3 in 4 young people fear the reaction of friends when they talk about it

- Time To Change Wales, 2018

Overall cost of mental health problems in Wales is an estimated £7.2 billion a year

- Mental Health Promotion Network, 2009

In Wales, around £600m is invested in mental health services a year, which is more than any other service in the NHS

- Welsh Government, 2016

100% increase in demand for the Child and Adolescent Mental Health Service in Wales (CAMHS) between 2010 – 2014

- National Assembly for Wales, 2014

What would you like your friend to say to you when you're suffering?

*"I would like them to make **time** for me, even if it's not talking about mental health but to do something that's fun"*

*"Just **listen** and give advice when asked"*

*"Them providing a platform for me to be **listened** to, if I did decide to open up, would be the most helpful thing they could do"*

*"I don't want them to try and fix it, but just to **listen** to me and reassure me that they're there if I need them"*

"Just to be an ear"

What do you think would make it easier to talk about mental health?

*“If there wasn't a **stigma**”*

*“Having support from someone who I'm close with, someone who can just **listen** and care for me”*

*“Knowing **what to say**, or at least what not to say”*

*“More **awareness** raised and for people to be more educated on the signs, causes and solutions to mental health issues”*

*“More **education** in schools about how to help out friends who are suffering, as it can sometimes be difficult to know what to say or what action to take”*

*“More **exposure** and real life scenarios/stories getting the spotlight”*