

Mental Health

Children and young people involved in Paediatrics 2040 sessions have prioritised a focus on mental health. Their ideas are about:



Removing the stigma



The ability to ask for support



Supporting good mental health and wellbeing



Ensuring children and young people can deal with mental health issues at school and at home

'We would like doctors to know more about mental health'

RCPCH &Us 2020, Scotland

'We can share problems and worries and prevent mental health deteriorating'

RCPCH &Us 2021, Northern Ireland

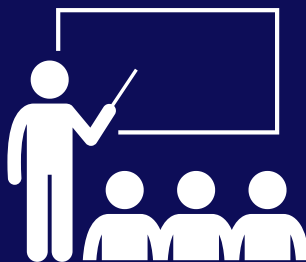
'If you have good mental health then you will be able to take on life's challenges'

RCPCH &Us 2021, England

From the 192 responses linked to knowledge, skills and attitudes of doctors on mental health, children and young people said important areas to focus on are:



Wellbeing
43.7%



Training
13.5%



Life long conditions
12.5%

Our ideas about mental health for the Paediatrics 2040 workstreams are:



Data

- Collect data on BAME, LGBTQ+ and those living with life-long conditions
- Collect data on early signs



Innovation

- Daily or weekly texts to check-up on patients
- Create multi-professional approaches i.e. youth workers, social workers, psychologist
- Offer a range of treatments
- Have online resources



Models of care

- Doctors to focus on mental health
- Take time at appointments to ask about mental health
- Involve families in care with consent from the patient



Working lives

- Train every doctor in mental health
- Reduce working hours to allow paediatricians more rest to look after their own mental health and retain their love for job.

Things to remember from RCPCH &Us

- The need for paediatricians to have experience of working with children and young people who have mental health conditions
- For paediatricians to talk about mental health with all patients
- The need for families to be involved in care, with the consent of the patient.



Voice matters

Working With Us

Children and young people involved in Paediatrics 2040 sessions have prioritised skills around working with us. Key things to keep doing are:



Be respectful, kind, supportive and friendly



Be empathetic, understanding and actively listen



Be open-minded and aware of different experiences



Be professional, positive and funny

'We want doctors to be accepting and have a non-judgemental approach'
RCPCH &Us 2020, Northern Ireland

'Keep doctors human'
RCPCH &Us 2020, England

'The worst doctor is someone who doesn't respect your feelings that you're going through with your health'
RCPCH &Us 2020, Wales

From the 1,563 responses linked to being respectful, kind, open and non-judgemental, children and young people said important areas to focus on are:



Compassion
19.9%



Trusting the patient
13.2%



Support/ help
10.6%

Our ideas about Working With Us linked to the Paediatrics 2040 workstreams are:



Data

- Collect data on opportunities for patient feedback



Innovation

- Find new ways to show listening and explain things
- Have a youth doctor who can deal with ideas or complaints
- Use child friendly language



Models of care

- Think creatively to reduce the amount of time we wait to get help from services
- Have choice of whether you are seen by a male or female to make patients more comfortable



Working lives

- Support doctors to know about new topics for them so they feel more confident e.g. drugs and alcohol, LGBTQ+ and eating disorders
- Opportunities to get experience outside of the clinic and meet groups of children and young people.

Things to remember from RCPCH &Us

- Listen to and respect children and young people
- Be open minded and trust us
- Treat us as people and not our condition.



Voice matters

 **RCPCH &Us**

The voice of children, young people and families

Mental Health & COVID-19

Children and young people involved in Paediatrics 2040 sessions have talked about the impact of COVID-19 on their mental health.

Things to remember are:



To provide health promotion messaging



To ensure children and young people don't feel forgotten about



To ensure confidentiality during home appointments

"It's a pandemic so I can't talk about my mental health when all that is going on"

RCPCH &Us 2020, Northern Ireland

"They should have a range of options. Some young people get anxious on a phone and some young people get anxious meeting

the professional in person, so they need both options"

RCPCH &Us 2020, Wales

"I would rather wait it out than go for help so not to burden the NHS"

RCPCH &Us 2020, England

From the 57 young people that talked to us about COVID-19 and the future of healthcare, they said important areas to focus on within the Paediatrics 2040 workstreams are:



Data

- Collect data around children and young people not coming to see health settings straight away



Innovation

- Create new ways of working that support confidentiality in the home so that children and young people can talk about private matters with doctors



Models of care

- Support mental health services to adapt quickly to provide online or phone based support that meets the needs of children and young people using them



Working lives

- Help staff with the new normal, with a strong focus on wellbeing, resilience and mental health support for patients, families and staff.

Things to remember from RCPCH &Us

- Support mental health services to use online channels effectively to reach young people
- Create peer support opportunities for young people that work remotely
- Support workers, like doctors and school nurses to know where to signpost young people to for support when working remotely.



Voice matters