

By tackling mental health

850,000 children in the UK have mental health problems.



That means 3 in a class of 30 school children suffer from a diagnosable mental health disorder – including eating disorders, self-harm, anxiety and depression.¹

This matters for children today and even more for society tomorrow. 75% of adult mental health problems start before a child is 18, so early intervention makes a lifelong difference.²

We tackle this by doing what's right, doing what's needed – and measuring what works.

(1) Green H, McGinnity A, Meltzer H, Fort T, Goodman R. 'Mental health of children and young people in Great Britain', a survey carried out by the Office of National Statistics on behalf of the Department of Health and the Scottish Executive (2004)

(2) Future in Mind – DoH & NHS England (2015)

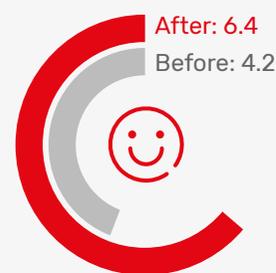
HOW

ACTION FOR CHILDREN

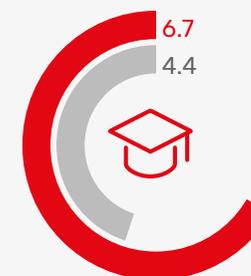
WORKS

By doing what works

With every child or young person we work with in a targeted way, we start by monitoring their current state of mental health across a range of areas. We then track the difference we make per child. The following shows the average positive change we achieve.



Child/young person's mental health has improved by 52%



Child/young person's ability to achieve educational potential improved by 52%



Child/young person's social skills and friendships improved by 50%



Child/young person's emotional development (including managing their own behaviour) improved by 71%

By doing what's right

We support young people to build confidence and self-esteem, developing relationships and skills to help them succeed in education, training or employment.

We support parents and children, helping them build better relationships and develop resilience through school-based counselling and parenting courses.

We support disabled children, providing practical help to reduce family stress and build the emotional resilience children need to become more independent.

In 2016/17 we worked with thousands of children and young people in a targeted way to improve their mental health.



By measuring what works



71% of children improved their mental health.



76% of children improved their social skills and friendships.



77% of children are more able to achieve their educational potential.



78% of children improved their emotional development in terms of managing their own behaviour.

By doing what's needed

I was self-harming and my parents said I was to be watched every time they left the house. They were worried about what I'd do.



"I didn't speak much when I first met Sarah from Action for Children. She didn't make me talk, but she was worried about suicide. I told her that wasn't going to happen.

We ended up talking about everything – it was such a relief to tell the truth and not get judged. It had started because I'd badly let a friend down. Talking to Sarah helped me see why my parents were so worried and how I'd got into a negative space. She said it was okay to make mistakes when you're growing up and helped me see things from a new perspective – and that I wasn't a rubbish person – that I have real strengths.

Now I talk to my family when I feel low. I've accepted what I did, and made some new friends. My 7 sessions with Sarah helped me move forward – I don't lock myself away now and feel more in control."

This is a real story of someone we have helped – the picture and name have been changed to protect their identity.