

Children, Young People and Education Committee

Emotional well-being and mental health of children and young people survey summary – young people in secondary schools and colleges

Background

This document provides a summary of responses received to the emotional well-being and mental health of children and young people survey, completed by young people in secondary schools and colleges across Wales, conducted by the Outreach team. This survey was open for consultation and responses between 4 September and 15 October 2017. In total **1,611** survey responses were received.

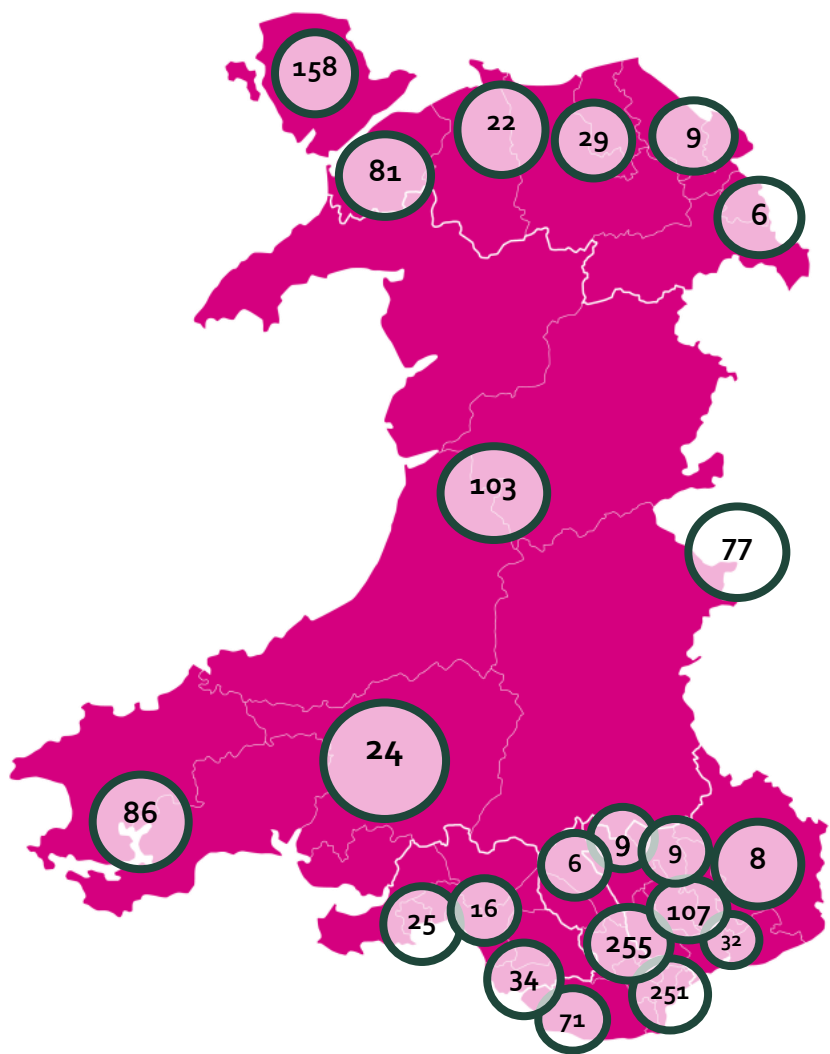
The surveys were conducted to make sure those on the ground – those who receive and those who provide support – were able to have their say.

The survey results are intended to provide an extra source of information, alongside written and oral evidence. They are there to help the Committee test some of the assertions made about the emotional and mental health of children and young people.

The map below shows the number of responses from young people based in different local authority areas. The statistics gathered from this survey represent the views of those who responded, not the public as a whole.



Blaenau Gwent: 9
 Bridgend: 34
 Caerphilly: 107
 Cardiff: 251
 Carmarthenshire: 24
 Ceredigion: 103
 Conwy: 22
 Denbighshire: 29
 Flintshire: 9
 Gwynedd: 81
 Isle of Anglesey: 158
 Merthyr Tydfil: 6
 Monmouthshire: 8
 Neath Port Talbot: 16
 Newport: 32
 Pembrokeshire: 86
 Powys: 77
 Rhondda Cynon Taf: 255
 Swansea: 25
 Torfaen: 9
 Vale of Glamorgan: 71
 Wrexham: 6
 Did not answer: 193

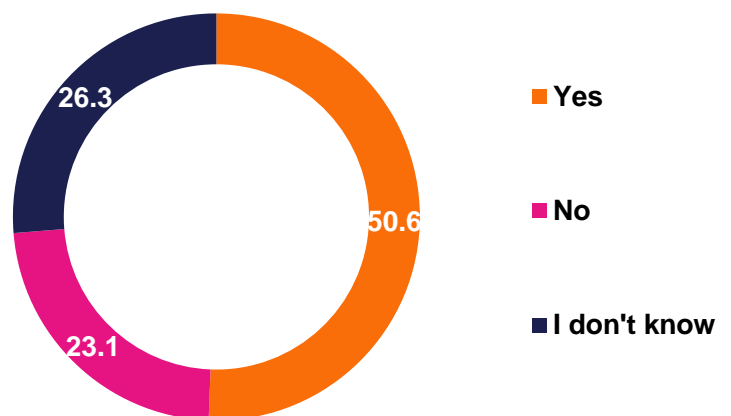


Survey analysis

1. Does your school or college give students information about emotional well-being and mental health, for example on posters, leaflets or online?

Total number of responses: 1561

- Yes: 50.6% (790)
- No: 23.1% (361)
- I don't know: 26.3% (410)



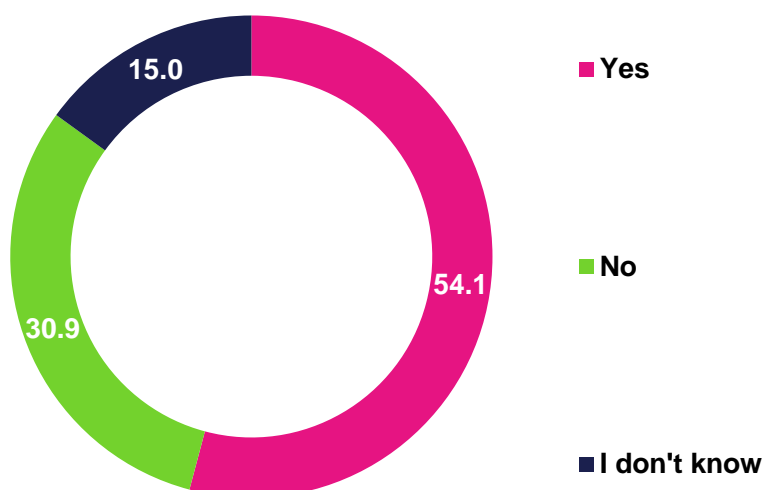
2. Do you know where to get information about emotional well-being and mental health at your school or college?

Total number of responses: 1559

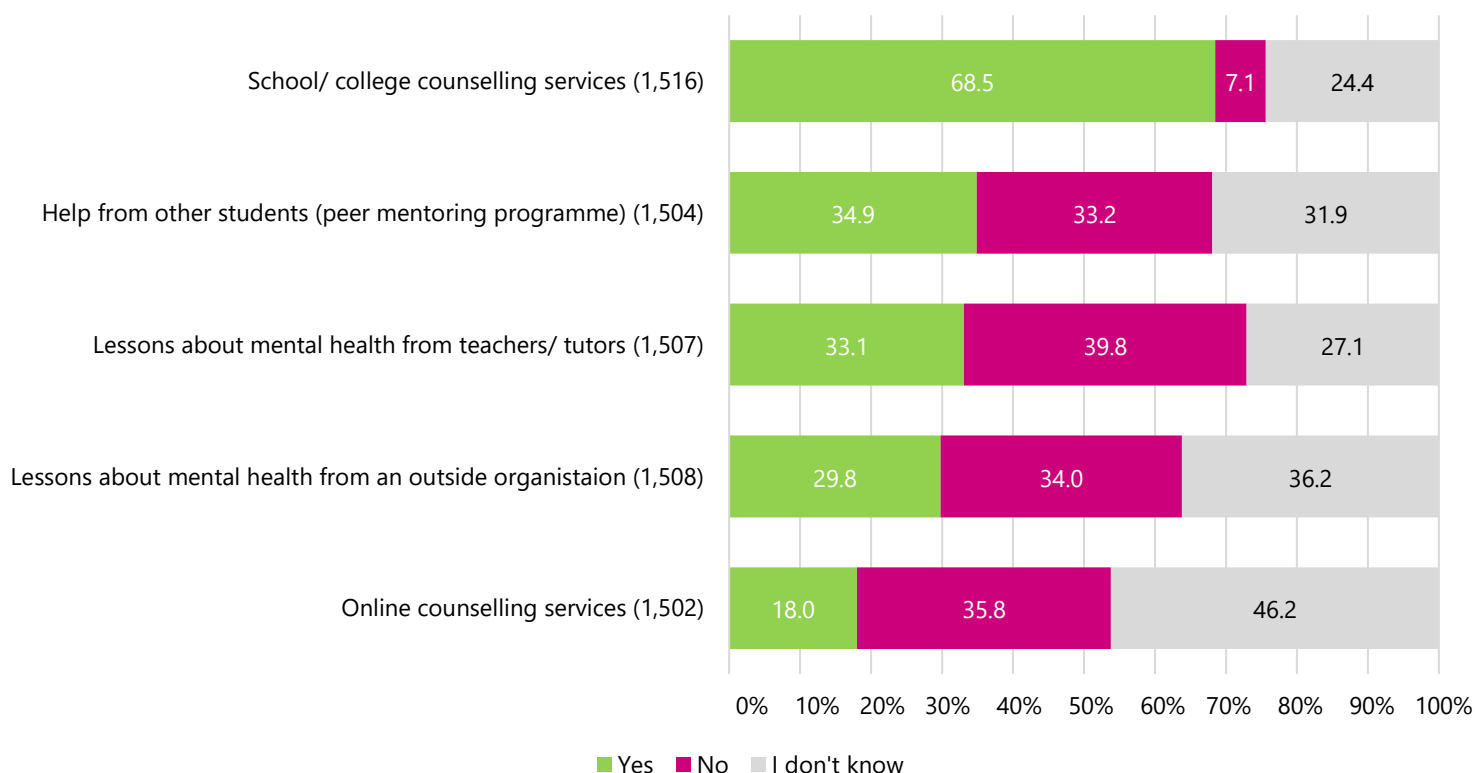
– Yes: 54.1% (844)

– No: 30.9% (481)

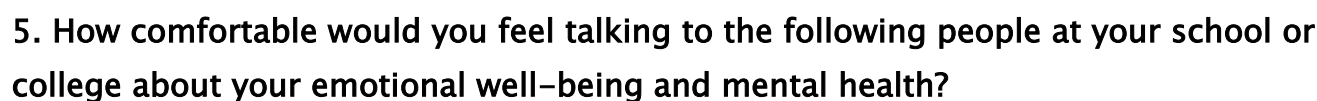
– I don't know: 15.0% (234)



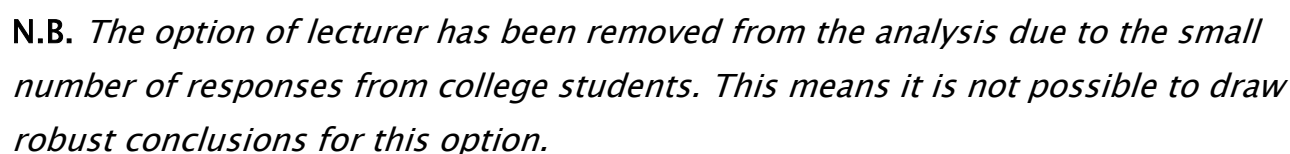
3. What help is available at your school or college for your emotional well-being and mental health? *Total number of responses: 1517*



Total number of responses: 1264

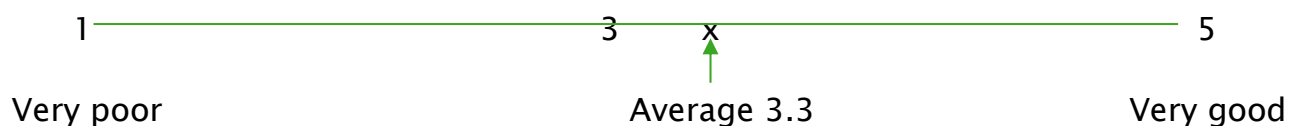


Total number of responses: 1494



6. How good is your school or college at helping you cope with things like exam pressure, bullying and peer pressure? (1 meaning very poor, 5 meaning very good)

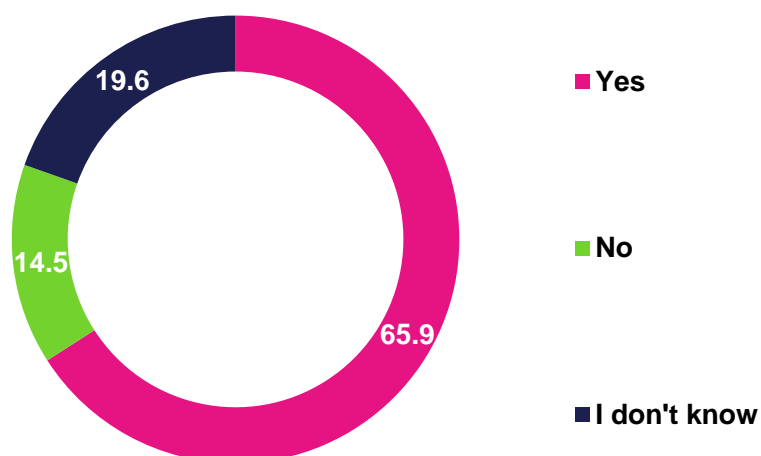
Total number of responses 1209



7. Would you like your school or college to teach you more about how to look after your emotional well-being and mental health?

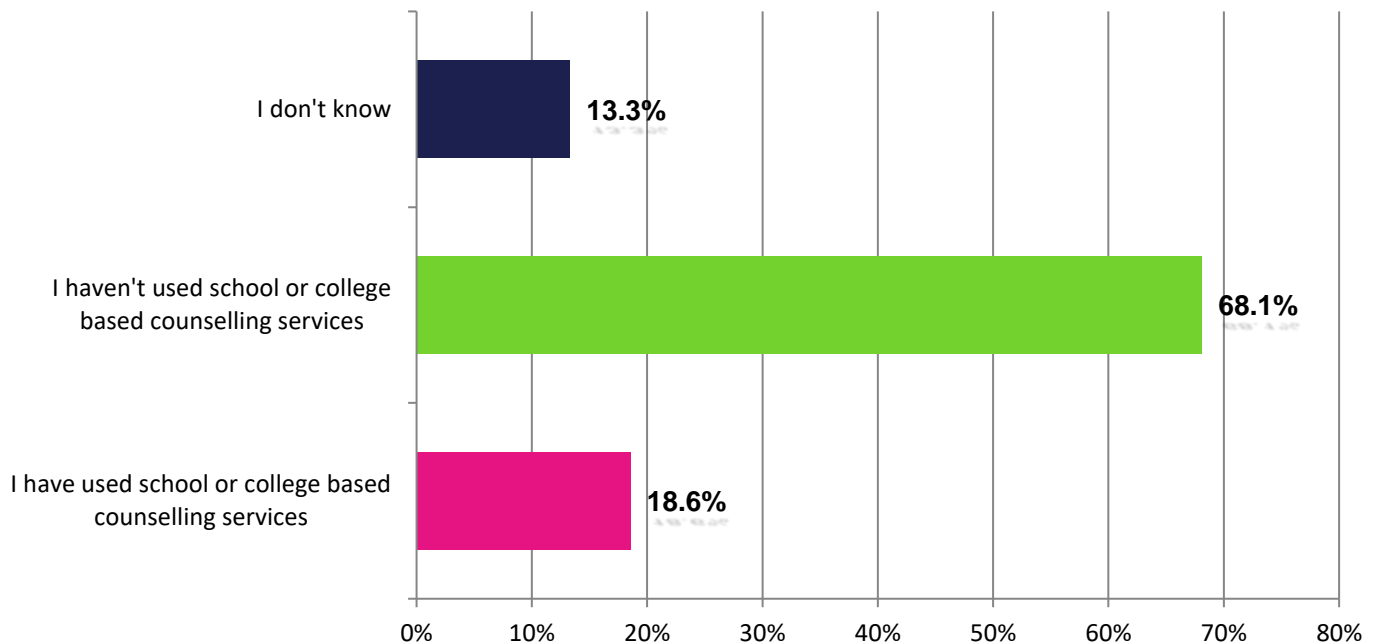
Total number of responses 1490

- Yes: 65.9% (982)
- No: 14.5% (216)
- I don't know: 19.6% (292)



8. Have you used counselling services? Please select the option(s) that apply to you.

Total number of responses 1487

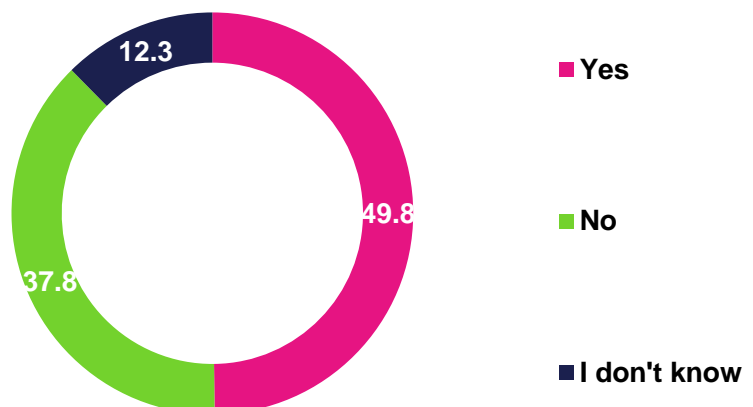


If you have used school or college based counselling services, please answer the questions below.

9. Were the school or college counselling services you used helpful?

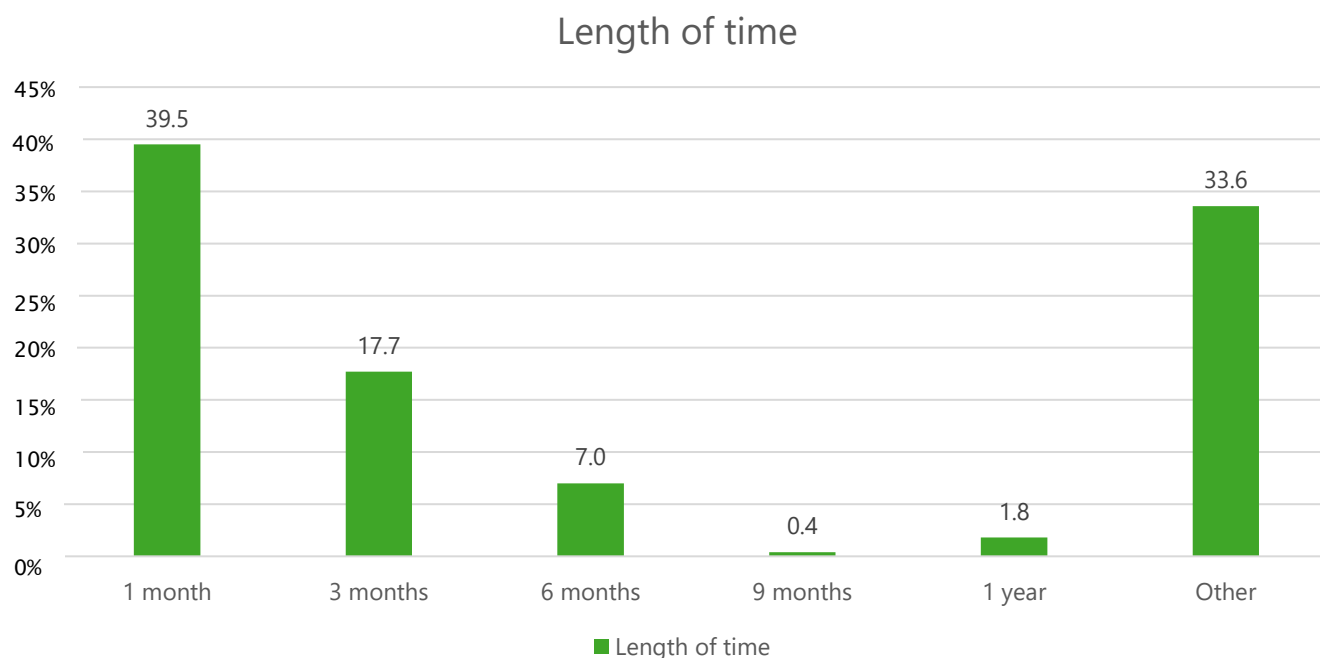
Total number of responses 283

- Yes: 49.8% (141)
- No: 37.8% (107)
- I don't know: 12.3% (35)



10. How long did you have to wait for an appointment to access the school or college counselling services?

Total number of responses 271



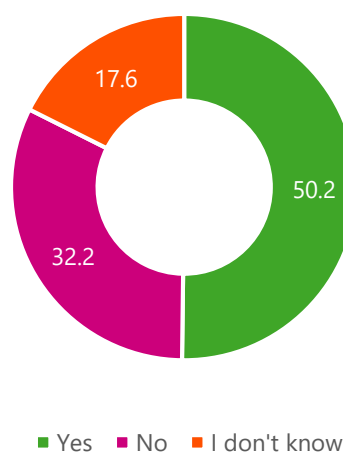
For the 33.6% who noted 'other' as their answer to this question, answers ranged from "straight away" through to "over a year".

11. Did you feel that you had sufficient time with a school or college based counsellor?

Total number of responses 273

Sufficient time with counsellor

- Yes: 50.2% (137)
- No: 32.2% (88)
- I don't know: 17.6% (48)



12. If you have any further views and thoughts about the help your school or college gives to students with their emotional well-being and mental health, please tell us here:

Total number of responses 323

Peer mentoring

"Give pupils trustworthy buddies to speak to"

"More student run programmes concerning mental health because I believe that students feel more comfortable talking to other students"

School Counselling Services

"There are school/colleges counselling services but nowhere near enough"

"Our counselling service got cut"

"I was meant to go to counselling sessions but they haven't been organised (it's been over EIGHT months!)"

"It's not a fun experience having to go and knock on the door, with already worrying things and not wanting others to know about your anxiety"

"Appointments are only available during lesson time which means I get stressed having to catch up with work"

"I know where to get help but it needs improvement. There are school counselling services but I don't trust them"

"Counsellor should be mandatory once a term so that everybody gets help even if they don't know they need it"

"Must make it easier and a shorter wait to see and talk to someone in total confidence"



“Counsellors must respect the confidentiality of each and every pupil unless they feel that pupil is endangering themselves or someone else. Mine does not”

“Counselling services for 6th form are nowhere near as good as they are for year 7–11”. “There needs to be more mental health resources for the upper school”

School nurse

“School nurse is only in Thursday lunch time which is not enough time to speak to her”.

“School nurse only comes in for 40 minutes (I think) at lunchtime on a Thursday. This isn't good enough”.

School support

“I think the school is good at helping people who have had issues or come forward and tell people they feel they have mental health problems, but the school doesn't help those of us who don't come forward or don't have severe issues”

“I think that for people who are fairly vocal about their mental health issues the school is fairly supportive but there are some topics that the school is not very supportive of and for people who need to talk about them it's just kinda though luck”

“Our school doesn't really care I think I need more help with coping with exam pressure”

“I think we need to be taught how important our mental health is, and how to be accepting of others when they are struggling with their mental health problems. Whether that be with posters or lessons in forms, it needs to be taught”



“We should be taught about mental health and suicide. Teachers must understand mental health is serious!”

“Although physical and sexual health is discussed during PSE, mental health is not given the amount of lesson time it deserves considering the devastating effects it has”

GPs/ CAMHS

“It would help if teachers / doctors don't tell young people their mental health problem isn't real!”

“She has refused to see the school counsellor again, saying that she was scary. She is currently seeing a psychologist privately having been classed by our GP as not ill enough to get a CAMHS referral as she has not attempted suicide, which, we were told, is the only way to get a CAMHS referral”

Teachers

“I think teachers / lecturers should be taught about emotional well/being and mental health and how their pupils/students can be affected by issues like bullying”

“Usually the teachers will make a big deal and assume lots of things rather than listen and then think it's embarrassing for us so treat us differently in a bad way”

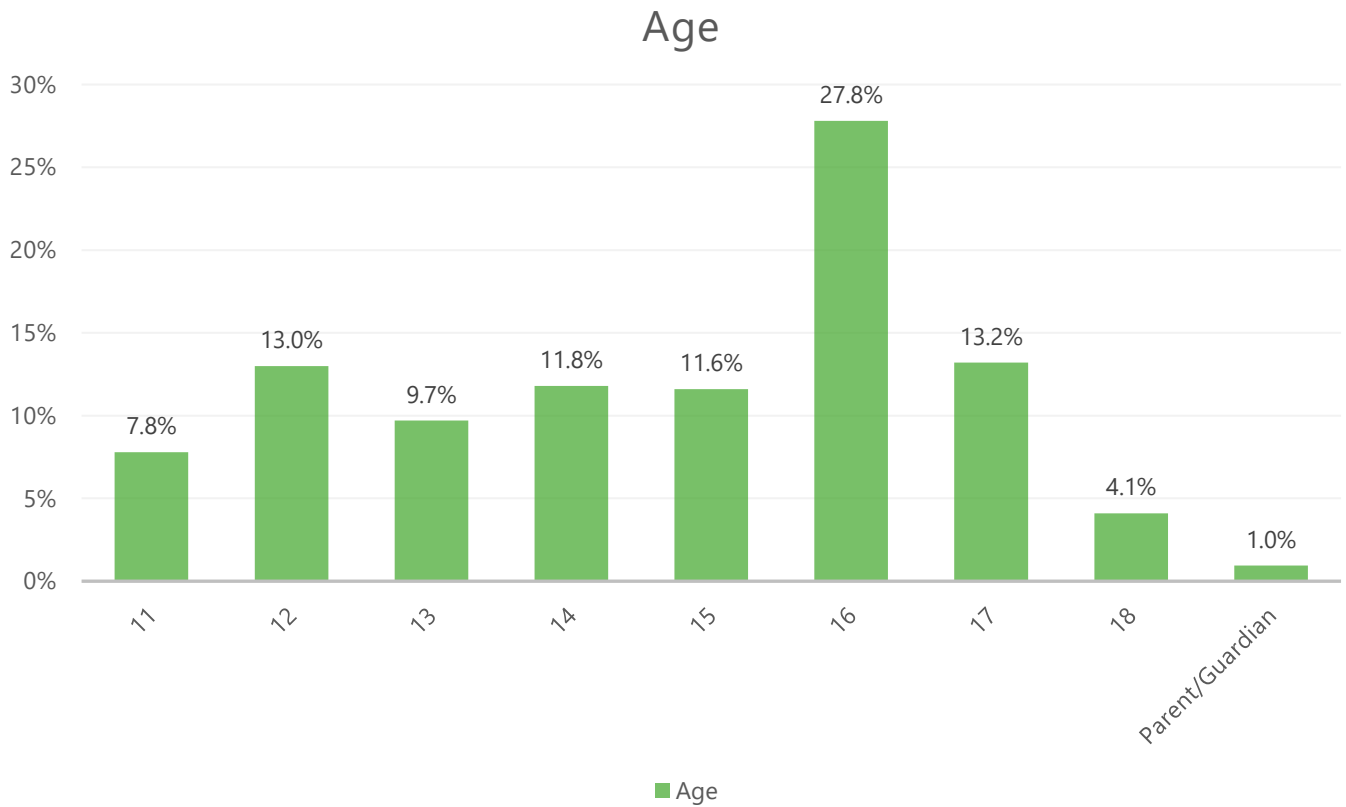
Stigma

“More help needed for students– being told to 'man-up' is NOT helpful. By not talking openly about mental health it can lead to depression and possibly suicide” “Teaching about emotions in PSE is often overlooked and replaced by useless topics / more emphasis must be put into reducing stigma around



mental health issues as often people worry they will be judged for admitting to having a problem”

13. How old are you? *Total number of responses 1466*



14. What type of school or college do you go to? *Total number of responses 1463*

