

The Need:

The number of anxiety cases has increased among children and young people in Wales. Statistics show that 46% of children and young people (compared to 12% in 2015–16) who received counselling in Wales in 2022–23 had anxiety as their problem.

(Welsh Government. (2024c) Counselling for children and young people: September 2022 to August 2023.)

50% of mental health problems are established by age 14 and 75% by age 24

(<https://www.mentalhealth.org.uk/explore-mental-health/statistics/children-young-people-statistics>)

On average, our Housing Support project, which supports 32 individuals in accommodation, visits emergency departments once a month due to self-harm, suicide attempts, or young people who need urgent attention and are unable to keep themselves safe.

(GISDA Statistics 24–25)

Aim:

To address the growing need for accessible mental health support for young people, by developing a young people's wellbeing space. This innovative approach improves access to services, simplifies support pathways, and improves outcomes by bringing specialist agencies into a safe, youth-focused space. The project is intended to support statutory mental health services.

Outcomes:

- Providing support around the young person
- Reducing waiting times
- Improving access to support
- Improving early intervention
- Simplifying multi-agency support – health, social services, education, and the third sector
- Empowering young people
- Supporting families and carers
- Raising awareness and reducing stigma
- Promoting wellbeing and resilience



ICAN Project:

Funded by BCUHB.

ICAN provides easy-to-access early support to people struggling with their mental health and wellbeing, reducing the need for referral to specialist NHS services.

- 166 service referrals in 23/24
- 100% with mental health needs
- 69% with a mental health diagnosis
- 56% risk of self-harm / suicide
- 86% visited a GP about their mental health
- 34% visited emergency departments with urgent mental health needs

Following support:

- **70%** noted an improvement in their mental health and wellbeing
- **59%** noted that they can now cope better with difficult situations
- **77%** noted an increase in awareness of the support available

Approach:

Original Plan: Buy a property (a house in Bangor) for a dedicated "Alternative to Admission" centre

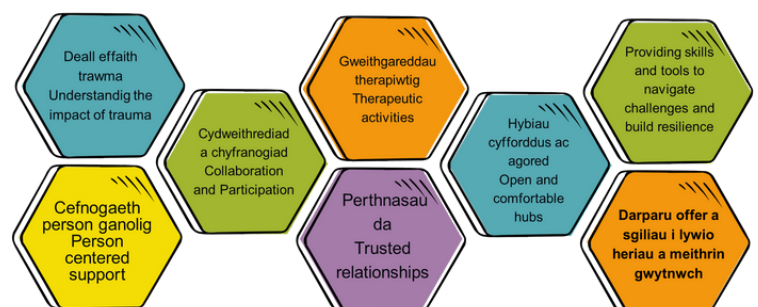
Challenges: Lack of capital funding to buy and adapt a new building and the timetable to achieve this

Offer: Use the Bangor cafe to run a pilot

6 month pilot:

Provide mental health services in four areas in Gwynedd offering support to young people aged 12–18.

Model Fi – A way of working to give the best results for young people:



Available at the hubs:

