

Young People's Wellbeing Space

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Background:

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)

Aims and Objectives:

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.

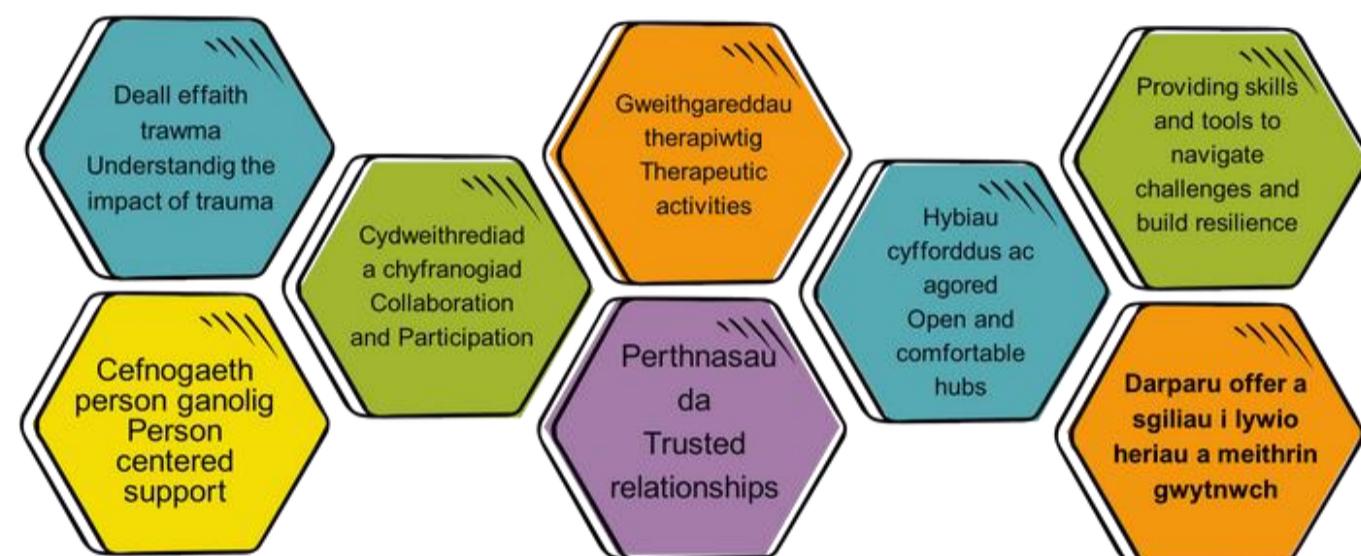
Outcomes:

- 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.

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:



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.