



Ryecroft C.E. Middle School

Headteacher: Miss R Baramuszcza
Telephone: 01889 590394
E-mail: office@ryecroft.staffs.sch.uk
Website: www.ryecroft.staffs.sch.uk

Ryecroft C.E. Middle School
Ashbourne Road
Rocester
Staffordshire
ST14 5PB

Dear Parents/Carers

7th October 2020

World Mental Health Day 2020

Saturday 10th October has been nominated as the official awareness raising day for children and young people's mental health. To support the work we already do in school on this important area, we will be focussing on Mental Health Day during registration and assembly times on Friday 9th October. We have also decided to recognise this with a **FREE non-uniform day this Friday, 9th October**. This should consist of any clothing suitable to wear at school, but ideally needs to include at least one yellow item.

Mental health is a big issue for young people...

- 1 in 8 children have a diagnosable mental health disorder – that's roughly 3 children in every classroom.
- 1 in 6 young people aged 16-24 has symptoms of a common mental disorder such as depression or an anxiety disorder.
- Half of all mental health problems manifest by the age of 14, with 75% by age 24.
- In 2017, suicide was the most common cause of death for both boys (16.2% of all deaths) and girls (13.3%) aged between 5 and 19.
- Nearly half of 17-19 year olds with a diagnosable mental health disorder has self-harmed or attempted suicide at some point, rising to 52.7% for young women.

It has a big impact in adulthood...

- 1 in 3 adult mental health conditions relate directly to adverse childhood experiences.
- Adults who experienced four or more adversities in their childhood are four times more likely to have low levels of mental wellbeing and life satisfaction.

Young people need more support...

- Less than 1 in 3 children and young people with a diagnosable mental health condition get access to NHS care and treatment.
- The average median waiting time for children in 2017/18 was 5 weeks to receive an initial assessment and 9 weeks to receive treatment.
- In a YoungMinds survey, three-quarters (76%) of parents said that their child's mental health had deteriorated while waiting for support from Child and Adolescent Mental Health Services (CAMHS).
- In total, less than 1% of the total NHS budget is spent on children and young people's mental health services.
- The number of A&E attendances by young people aged 18 or under with a recorded diagnosis of a psychiatric condition has almost tripled since 2010.

For useful information for parents and carers please use the link below:

<https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>

Yours sincerely

Mr S Bardon
Deputy Headteacher

UTTOXETER LEARNING TRUST

Part of the Uttoxeter Learning Trust
Company Number: 10547353
Registered Office Address:
Uttoxeter Learning Trust
Thomas Alleyne's High School
Dove Bank, Uttoxeter, Staffs
ST14 8DU
T: 01889 561820

