

Fact Sheet: It's Good to Talk

Over a quarter of young people are worried about their own mental health. This increases with age, with more than half of 18-year-olds worried about their own mental health (*Action for Children, 2019*).

57% of young people hide at least one type of worry from their parents (*Action for Children, 2019*).

31% of young people have said something nasty to someone online (*Ditch the Label, 2017*).

IT IS ESTIMATED UP TO HALF OF YOUNG ADULTS ARE SUFFERING FROM MENTAL ILLNESS IN SILENCE (NATIONAL ALLIANCE ON MENTAL ILLNESS).

60% OF PEOPLE WITH A MENTAL HEALTH CONCERN WAITED OVER A YEAR TO TELL THE PEOPLE CLOSEST TO THEM ABOUT IT (TIME TO CHANGE).

THERE ARE A LOT OF THINGS YOU CAN DO TO SUPPORT SOMEONE WHO NEEDS TO TALK:

- CHECK IN
- LISTEN AND DON'T JUDGE
- TREAT THEM IN THE SAME WAY
- ASK TWICE

(TIME TO CHANGE)

1 in 8 young people will experience a mental health concern. (Mental Health Foundation)

1 in 10 children have no one to talk to in school when they are worried or sad. *(Mental Health Foundation, 2018)*

More than one in four children who experienced feeling worried or sad said that it caused them to struggle with their homework (Mental Health Foundation, 2018)

Mindfulness and talking can reduce mental health concerns such as anxiety by up to 70% (Mental Health Foundation)