

Dear Young People

After a tough year with Covid-19, the related lockdowns, losses people have faced and the disruption to education, freedom, routine and opportunities. We understand that mental health has been impacted for children, young people, families and carers alike.

Young people like yourselves have experienced events that will be talked about for generations. In the NHS we have learnt so much, so fast and it is time to look back and think what we shall keep, what shall we drop and what is missing.

This isn't possible without you, you have lived through this and hold so much valuable insight we as professionals do not have or can even imagine. Even before Covid-19 I'm sure each and every one of you would want something to work differently when thinking about mental health and wellbeing?

Mental health and emotional wellbeing can be a very unique experience for every young person and we want to understand better how we can help. The experience of mental health and emotional wellbeing could be so different so young people with special educational needs; who identify as LGBTQ+; who have caring responsibilities for family members; who are new to this country and sometimes alone; who have experience of care; who are from cultures where Mental Health can be taboo subject; who have a long term medical condition; who have experienced many crises, trauma and disruption to their lives; who aren't considered "Unwell enough" and don't meet thresholds to access help.

We know there are so many missed opportunities in the way we work currently, across education, social care, health and voluntary community sector organisations.

If we get young people and families to collaborate alongside professionals and decision makers we can identify the challenges, look at the potential for scaling of good ideas and spot the missed opportunities. Then turn the outcomes of this conference into the priorities and principles for North East London's 7 boroughs

We will collaborate with young people, parents, carers, teachers, GPs and other CYP professionals to think how can mental health and emotional wellbeing support be delivered differently to meet a child or young person exactly where they are at.

Please join us on the 10th June 1630-1930 for an interactive conference "All About Me, For the Benefit of Everyone", through a panel, breakout rooms and a diverse mix of attendees. We will develop North East London's plan to improve early intervention for mental health and emotional wellbeing. <https://www.eventbrite.co.uk/e/mhearly-interventions-schools-conference-tickets-154831684737>

We expect to create an opportunity where every opinion and experience is valued and will mould our next steps, where there are no bad ideas, no aspiration too big.

If you know any young people or parents who want to get more involved in the event we are looking for breakout room facilitators, note takers and even space on the panel itself. For more information reach out to Dale.greenwood1@nhs.net or complete the form to volunteer. <https://forms.office.com/r/5g6Une9spi>



We look forward to seeing you there!

Sarah Wilson, Director of Specialist Services, East London Foundation Trust
Co-chair of the NEL CYP Mental Health Group

Melody Williams, Integrated Care Director, North East London Foundation Trust
Co-chair of the NEL CYP Mental Health Group

Kath Evans, Director of Children's Nursing, Bart's Health
Clinical lead of the NEL CYP Programme

If you wish to discuss further please contact dale.greenwood1@nhs.net