

Islington Young People's

MENTAL HEALTH CHARTER



Young people in Islington want....

1
High quality & accessible opportunities

2
Quality PSHE lessons with info on Mental Health

3
Services to have a clear plan for young people and their mental health

4
Opportunities to talk about emotional health & wellbeing from an early age

5
Initiatives from Schools to increase support for young people during critical times

6
Professionals to be trained appropriately on mental health awareness

7
Enable young people to help themselves and their friends in different settings

8
High quality support for parents to help them better understand & support their child

9
Decrease in waiting times for young people that need to speak to a counsellor

10
All mental health services to ensure young people are reviewing their service to make sure it remains 'youth friendly'

The Islington Young People's Mental Health Charter was formed and developed by members of the Youth Health Forum, Islington Youth Council and Young Participants across the borough.

For more information please contact:

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