



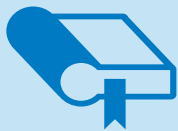
Improving mental health and emotional wellbeing for children and young people in Cornwall and the Isles of Scilly

What we are going to do by 2020

Stigma around mental health will be **reduced** and people will feel more comfortable to talk and ask for help.



Young people who ask for help will **not be turned away or wait** without any support.



Children and young people only have to **tell their story once**.



A healthy mind will be **taken as seriously as physical health**.

There will be **more help** for parents and carers of babies and young people, including adoptive parents.



There will be opportunities for young people and families to be **involved in improving services** and to tell us how we're doing.



Professionals and volunteers who work with children and young people will be **trained in mental health** and **know how to respond**.



Children and young people will have **opportunities to learn** about mental health and how to look after it.



Young people that need **urgent mental health care will have immediate access**, just like physical health needs.



Professionals, children, young people and families will **work together** to make sure the right support is available.

Schools will be supported to help young people who are struggling.



More children and young people will be **treated at home**, with less need to travel out of county for care.



Support for children and young people with eating disorders will be improved.



If possible, help will be provided in places that are **comfortable, welcoming** and **easy to get to**.

It will be **easier to find information** and **know where to get help** when you're worried.



There will be **more information and support** for families and carers.