

# 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.