

'Pupil Mental Health Crisis?'

Survey report 2017

Examining the current state of
mental wellbeing in young
people and children in the UK



Partnered with **The Carnegie Centre of Excellence for Mental Health in Schools** at



A report from the Children's Commissioner for England in July 2017 found that over 800,000 children in England have a mental health problem, while a separate review showed that over a quarter of children referred to mental health services in 2015 received no help — even those who had attempted suicide.



That is why Hub4Leaders partnered with The Carnegie Centre of Excellence for Mental Health in Schools at Leeds Beckett University to conduct a national survey into mental health provision for pupils in the UK.

In November 2017, we conducted a national survey to research the current state of pupil wellbeing in UK schools.

Our month-long survey consisted of 10 questions and was completed by 603 school leaders and governors.

Here is what we found...

Key findings

Insufficient mental health provisions

57.83% of respondents agreed that there is insufficient mental health provision for pupils available within their schools

Only 19% of respondents said that they felt trained enough to support pupils who may be suffering with a mental health problem

Not enough support for schools

Social media has had a direct impact

86% of respondents agreed that social media has directly impacted the mental health of pupils

89% said that parents should restrict the amount of time their child spends on the internet



Internet should be restricted



97% agree that more funding should be made available for mental health provision in schools



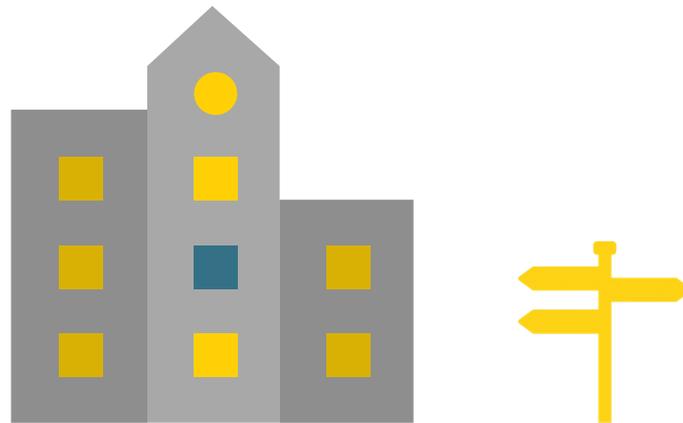
Ofsted to do more

77% said schools' mental health provision should be reviewed during inspections

DfE to publish more guidance!

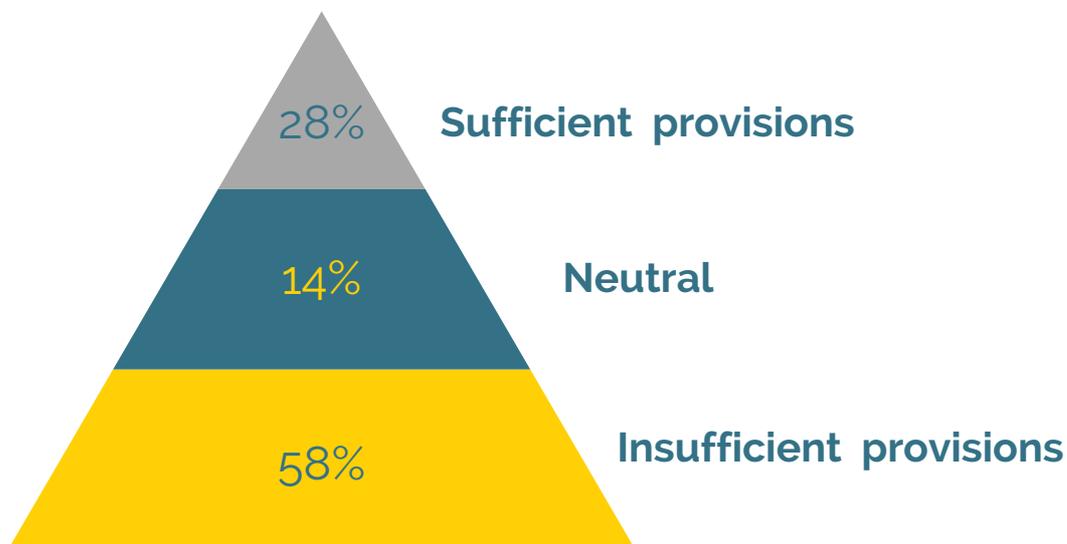
93% want more official guidance on how to tackle this issue in schools

Q1. Mental health provision in schools



In January 2016, the Children's Commissioner for England, Anne Longfield, called for all schools to provide counselling for pupils.

Ms Longfield said that, in a consultation she held with children about access to mental health services, they had told her that they were most comfortable about going to someone in schools, rather than their GP.



Nearly two years on since Ms Longfield's report and only 27% of respondents felt that there was sufficient mental health provision for pupils available within their school.

Q2. Mental health champion

In January 2017, Prime Minister Theresa May set out her vision for a "shared society" and laid out her proposals for transforming mental health care in Britain, which included more support for children's wellbeing in schools.



One of the recommendations from the Five Year Forward View for Mental Health: government response was to make mental health first-aid training available to all secondary schools - in May 2017, this pledge was expanded into primaries.

65%

However, six months later and 65% of respondents said that there is still not a dedicated member of their school who was trained in, or given responsibility for, pupils' mental health.

Q3. Increase in pupils suffering with mental health issues



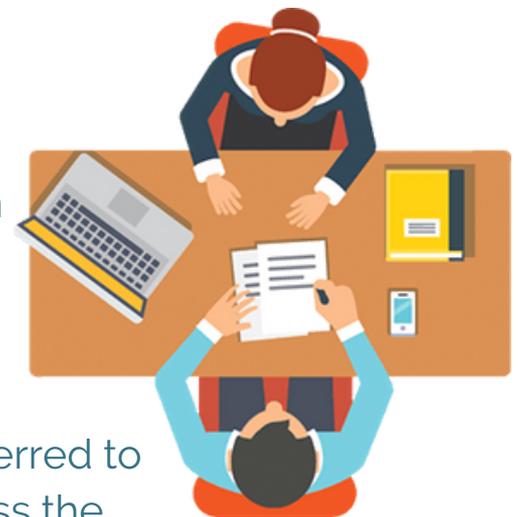
Published by the Education Policy Institute, the report, Time to Deliver, warned that there has been a "significant rise" in children's mental health problems over the past five years.

A decisive 83% of respondents agreed that, in the past five years, there has been an increase in the number of pupils suffering from mental health issues.

Q4. External mental health care provision

Back in June 2017, it was reported that funding cuts to mental health services have made thresholds for treatment so high that young people are risking their lives in a desperate bid to get help.

A survey conducted by the Children's Commissioner showed that, of all pupils referred to CAMHS in 2015, only 14% were able to access the service immediately.



76%

It seems, since 2015, things haven't improved as 76% of respondents said they felt their school had faced challenges in obtaining mental health care provision from the local area.

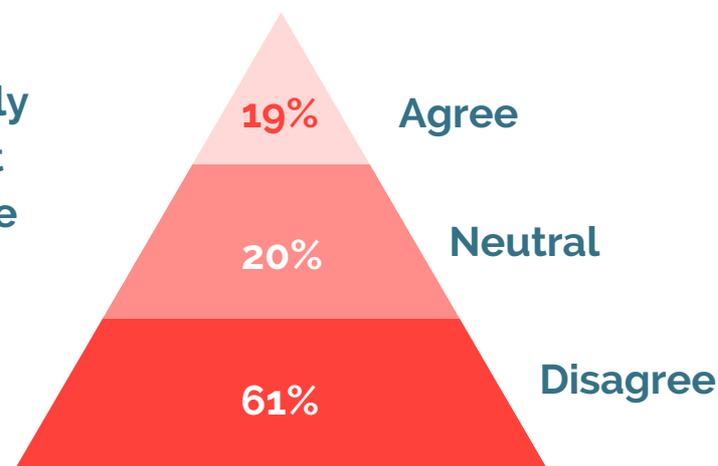
Q5. Staff training

On 4 December 2017, the DfE and Department of Health released 'Transforming Children and Young People's Mental Health Provision: a Green Paper' which outlines what the government wants to do to help children and young people with their mental health.

One of the core principals from the Green Paper is for there to be a designated senior lead for mental health in every school. One of the core responsibilities of the lead will be to support other members of staff with how to talk to pupils about mental health.



Q: I feel sufficiently trained to support pupils who may be suffering with a mental health problem



The proposals laid out within the Green Paper will be welcomed by many, as 61% of our respondents do not feel trained enough to support pupils who may be suffering with a mental health problem.

Q6. Social media

In May 2017, the Royal Society for Public Health published their report, Status of Mind. The report found that social media use is directly linked with increased rates of anxiety, depression and poor sleep, and that cyber bullying is increasingly becoming a problem, with 7 in 10 young people saying they have experienced it.



The report did highlight the positives of social media, and said that it can improve young people's access to other people's experiences of mental health and expert health information.



We wanted to find out what school leaders and governors thought about social media, and its impact on young people's mental health. A decisive 86% of respondents felt that social media has had a direct impact on the mental wellbeing of the pupils within their school.

Q7. Parental involvement

Research in January 2016 by psychologist Dr Romeo Vitelli found that, while overuse of the internet lacks many of the physical symptoms linked to addiction, young people can still develop a psychological dependence on online activities.

Compulsive internet use is linked to a range of mental health concerns, including low self-esteem, loneliness, depression, social phobia and even suicidal thoughts.



89% of our respondents felt that parents should restrict the amount of time their child spends on the internet.

Q8. Ofsted

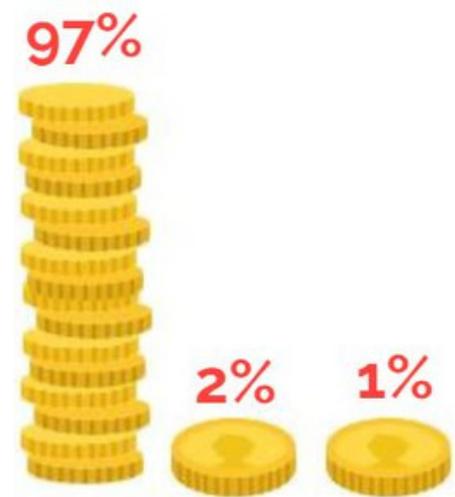
In November 2017, The Independent Commission on Children and Young People's Mental Health recommended that Ofsted should consider pupils' mental health and wellbeing as part of their inspections.



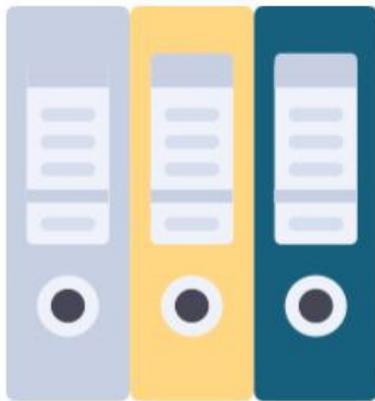
77% of those surveyed strongly agreed, saying they thought Ofsted should review mental health provision within schools.

Q9. Funding

The announcement in the Green Paper that there is to be £300 million allocated to schools for "thousands" of new support staff will have been welcomed by many, as our survey found that 97% of respondents believed there needs to be an increase in funding for mental health provision in schools - with only 2% saying they were neutral and 1% in disagreement.



Q10. DfE guidance



93% of respondents want more guidance

Although the DfE and the Department of Health have released their Green Paper, which potentially offers funding and training to schools, 93% of respondents said they wanted the DfE to publish more official guidance on how to tackle mental health in schools.

The Green Paper

On 4 December 2017, the DfE and Department of Health released 'Transforming Children and Young People's Mental Health Provision: a Green Paper' which outlines what the government wants to do to help children and young people with their mental health.

According to the Green Paper, 1 in 10 young people have some form of diagnosable mental health condition and the government is "committed" to ensuring support is provided to those who need it.



The important role of schools and colleges in supporting young people with mental health conditions is highlighted in the Green Paper, with many of the core proposals and wider action relating to the education sector.

The core proposals are:

1. A designated senior lead for mental health placed in every school.
2. Mental health support teams to work directly with schools.
3. Shorter waiting times for access to NHS-funded mental health services in the trailblazer areas.

A consultation on the proposals within the Green Paper was released at the same time as the document. As many of the proposals in the Green Paper have a direct impact on schools, it's vital that, as a school leader or governor, you get involved to ensure the outcomes are right for your pupils. The consultation will run until 2 March 2018 - views can be registered [here](#).

What's next...

Thank you to everyone who participated, shared, and had an input with our research.

Here at Hub4Leaders, we are committed to supporting school leaders and governors in ensuring the right procedures are in place for identifying, helping, and referring pupils who are suffering from a mental health condition.

Our **Pupil Mental Health Resource Pack** contains policies, guidance, templates, leaflets and posters, covering topics such as:

- Managing mental health in schools
- Counselling in schools
- CAMHS referral
- Stress management
- Self-harm and suicidal behaviour
- Anxiety
- Pupil wellbeing audits
- Internet safeguarding
- Peer-on-peer abuse
- Peer mentoring

