

# A Cry for Help!

## How much support is there for children with a mental health problem?

*Reporters: Phoebe and Laura*

There is not enough support for children with a worrying mental health issue. According to a study 1 in 6 people who are referred to NSPCC (National Society for the Prevention of Cruelty to Children), gets rejected.

There are many different types of mental health problems which affects people differently, this includes depression, anxiety, PTSD, self-harming, eating disorders, bulimia and the after effects of abuse. These all need to be approached carefully and sensitively to make sure you're not doing more harm than good. Child and Adolescent Mental Health Services (CAMHS) helps people with these and other mental health problems

Some children who received abuse who do not have the amount of support need which could mean that they suffer throughout adulthood if the problems are not dealt with as a child, which could cause depression and thoughts of suicide.

With the number of children and adolescents who have been diagnosed with mental health problems, there are not enough charities or support for all of them, so some people go without help which can lead to more problems than they started with.

Studies have found that 55% of parents don't talk about mental health to their children and 20% didn't know how to address it. Many parents don't think talking about it is an issue so they decide not to talk about it. This leads to more problems as their children might have a mental health issue, even if it is not serious it could develop. They might also know someone who has a mental health issue but cannot help them as they don't understand it.

The first step for someone with a mental health problem is to talk to a parent or someone you know who could help. Then hopefully there will be more awareness for mental health and the support will increase.