



We'd like to know about the work being done at your school to:

- encourage children/young people to talk about and manage their feelings of anxiety
- help young people to provide peer support
- equip staff to discuss and offer support with anxiety and related emotional wellbeing issues.

We will be sharing feedback with the Surrey Children and Young People's Partnership Board to celebrate what is being done in Surrey to support young people's mental health in schools.

**Help improve mental health
in secondary schools**

healthwatch
Surrey
www.healthwatchesurrey.co.uk
0303 303 0023

Healthwatch Surrey Champions

Spotlight on mental health

"I have, I asked a close friend if they had any advice on what to do."

"There is nowhere to go in the school holidays."

"I talked to my ambassador at school."

"Yes, I am always worried about everything but have no one to talk to."

Research shows that anxiety can have a short and long term effect on young people, with poorer outcomes related to learning and peer relationships.

We spoke to:

- 189 students from the Magna Carta School in Staines during their Health and Wellbeing Week, March 2017, to find out how they deal with anxiety and worry.

We asked:

- Have you ever felt anxious or worried?
- What did you do when you felt anxious or worried?

We found:

The majority of young people we spoke to had experienced anxiety or worry, however nearly one third said that they did not speak to anyone about this or were not sure where to go.

Young people were more likely to speak to their friends or to parents and less likely to approach teachers to discuss their worries and anxiety, however over a quarter (50 out of 189) said they would not feel comfortable talking to anyone.

Who do you feel comfortable talking about your feelings with?

