Grown up? Transition to adulthood
A spotlight on young people’s mental health

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Centre for Mental Health is an independent charity.

We take the lead in challenging injustices in policies, systems and society, so that everyone can have better mental health.

By building research evidence to create fairer mental health policy, we are pursuing equality, social justice and good mental health for all.
Young people’s mental health

There has been a continuous rise in mental health problems among children and young people in recent years.

One in five 8–25-year-olds report a mental health problem

- This figure rises to nearly a quarter (23.3%) of all 17- to 19-year-olds.

(NHS Digital, 2023)
Inequalities in young people's mental health

According to research, some groups of children and young people are at greater risk of experiencing mental health problems.

This includes those:
- living in poverty
- who identify as LGBT+
- from racialised communities
- with learning disabilities and/or neurodevelopmental conditions
- with disabilities or physical health conditions
- with caring responsibilities
- with a parent with poor mental health
How are these challenges currently manifesting?

What we see
- Education – ‘non-attendance’ and ‘behaviour out of control’
- Employment – ‘economic inactivity’ and ‘fit note culture’
- Digital – social media and smart phone ‘addicts’.

What might be behind this
- Rising complexity and trauma – unmet needs
- Unequal society - the poverty and mental health nexus and discrimination
- Young people feel disillusioned – not seen or heard.
Insights from young people gathered through our research
Behaviour and mental health in schools
Authors: Charlotte Reimer, Hoang Le and Keche Abdiheit

Children & Young People's Mental Health Coalition

The maternal mental health experiences of young mums
October 2023

Children & Young People's Mental Health Coalition

Maternal Mental Health Alliance
The impact of transitions on young people’s mental health

- Poor transitions in young people’s mental health a perennial issue:
  - Fear of the unknown and facing new challenges
  - Academic and career pressures
  - Financial pressures
  - A cliff-edge of support – particularly challenging for those with pre-existing mental health problems
  - Difficulty navigating the system/s
  - Limited care and treatment options
What can we do about this?

- A cross-government long-term strategy for mental health that takes a life course approach.
- A truly comprehensive 0 to 25 mental health pathway – from prevention through to crisis care.
- Whole educational approaches to mental health.
- Early support hubs for young people based in the community. #FundTheHubs campaign.
...Towards a Mentally Healthier Nation

We're calling on MPs and parliamentary candidates to build a MENTALLY HEALTHIER NATION

- Address the causes of mental ill health
- Eradicate mental health inequalities
- Ensure timely access to local services

A MENTALLY HEALTHIER NATION
TOWARDS A 10-YEAR, CROSS-GOVERNMENT PLAN FOR BETTER PREVENTION, EQUALITY AND SUPPORT