

Dear

I am writing to express my concern about the mental health crisis affecting children and young people in our community. With the increasing prevalence of mental health issues among our youth, it is vital that we take action to address the lack of access to appropriate support and care for those who need it.

One potential solution is to provide access to child-led mental health care in all schools and primary care settings. This would give children and young people the opportunity to access mental health support in a comfortable and familiar environment, reducing the stigma associated with seeking help. For those who need it, remote mental health support should also be made available.

Unfortunately, issues such as anxiety, depression, self-harm, eating disorders, and trauma often go unaddressed due to limited access to the right level of support. This results in the progression of mental health problems, poor academic performance, substance abuse, and increased risk of suicide. We need to address the missing middle by providing early intervention and increased access to mental health services through a counsellor or psychotherapist in schools, primary care settings, or mental health hubs.

Another important issue is the ability to maintain a relationship with a counsellor or psychotherapist. For children and young people this is vital, particularly for those in care or nomadic communities, where maintaining relationships with trusted adults in a therapeutic setting is challenging.

Child-led mental health care allows children and young people to be actively involved in decision-making about their therapeutic experience. It empowers children and provides personalised, effective, and holistic care, rather than relying on a one-size-fits-all approach and a limited number of sessions.

For more information about this issue, and how you can support the important work that is happening to raise awareness, please contact Meg Moss, Head of Policy & Public Affairs at the National Counselling Society via [meg@nationalcounsellingsociety.org](mailto:meg@nationalcounsellingsociety.org).

I urge you to take action on this issue and work towards improving access to mental health support for all children and young people in our community. Thank you for your time and attention to this important matter.

Sincerely,