

# OUR CAMPAIGN

## Access to Counselling for Every Child

Mental Health issues in Children and Young People are increasing at a rapid rate, and the support they are currently receiving is inadequate both in terms of what is being offered to them and the time they are spending on waiting lists. This has a detrimental effect on their future and puts further pressure on health, care, and education services.

We're calling for child-led mental health care to be available in all schools and primary care settings, allowing children to access remote mental health support for those who need it (such as children in care, and children in nomadic communities).

One of the key areas to address is the 'Missing Middle' – children who are presenting with issues too complex for Children's Wellbeing Practitioners (CWPs) but aren't considered "unwell enough" for CAMHS.



**Access to Counselling for Every Child:** Child-led mental health care to be available in all schools and primary care settings, with the opportunity for children to access remote mental health support for those who need it.

**Keep In Touch:** The ability to maintain a relationship with a counsellor or psychotherapist is vital for children and young people and is a significant issue for children in care (who already experience significant instability in many other areas of their lives), Forgotten Children, or those in nomadic communities.

**More Support for the Missing Middle:** Issues such as anxiety, depression, self-harm, eating disorders, and trauma often go unaddressed due to limited access to the right level of support – too severe for low-level intervention, and not severe enough (yet) for CAMHS. This can lead to progression of mental health problems, poor academic performance, substance abuse, and increased risk of suicide. Addressing the missing middle requires early intervention and increased access to mental health services through a counsellor or psychotherapist in school, primary care settings, or mental health hubs.

**Child-Led Care:** 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 six sessions. This approach is gaining popularity in the UK as a way to reduce stigma and empower young people to manage their mental health.

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INFORMATION ABOUT  
HOW YOU CAN HELP.**



**THE NATIONAL  
COUNSELLING  
SOCIETY**