



Thank you to all of the parents and carers who took the time to respond to our survey on community mental health and wellbeing supports. We are listening and will use the responses to work in partnership to plan next steps in wellbeing supports.



Who completed the survey?

233 parents and carers shared their views about community mental health and wellbeing supports for both young people and families. Respondents shared their views about supports available for a young person in their care aged 5-18 including:

- 103 nursery and primary aged
- 124 secondary aged
- 6 young adults

- The parents and carers completing the survey did so with one young person in mind but had caring responsibilities for 448 of Stirling's Children and Young People.
- Within this sample of views, parents and carers from across Stirling's communities were represented.
- The views shared will help to shape how community mental health and wellbeing supports are developed and extended for young people and their families.



What were the key messages?

How well is young people's wellbeing supported in their local community?

- Many parents and carers felt that their child's physical and mental wellbeing was very well supported in their local community. We will build on what is already working well.
- On the other hand, many parents and carers felt that their children's mental health and wellbeing could be better supported in their local communities. We will continue to work in partnership with parents and carers, as well as our young people and partners, to think about how best to do this.

Supports in the local community that were rated to be particularly helpful were

- Parks
- Local walking areas
- Sports facilities
- Clubs
- Libraries



Getting more help from a young person's point of view - what do parents and carers think?

- Parent and carers had variable views about whether their child would feel confident to ask for help outside the family home. Whilst some were confident they would, most were not confident that their child would approach another adult for help.
- Parents and carers felt that their child was most likely to talk to a teacher, followed by family friends and neighbours.
- The majority of parents felt that the person their child approached would understand.
- Most parents were unsure that their child would get support straight away.
- Many were uncertain that their child would have some control over what would happen next.

We will meet parents and carers to hear more about these views and to think together about how we can develop and extend our community based supports. We will do this alongside our community partners including the NHS.

Many parents felt that their child could have more say in designing mental health and wellbeing supports in their local community. Our Young People's Wellbeing Group are leading on gathering the views of their peers. We have recently gathered the views of over 2000 of our young people aged 5-18 and will use this to inform what we do next.



What about supports in schools?

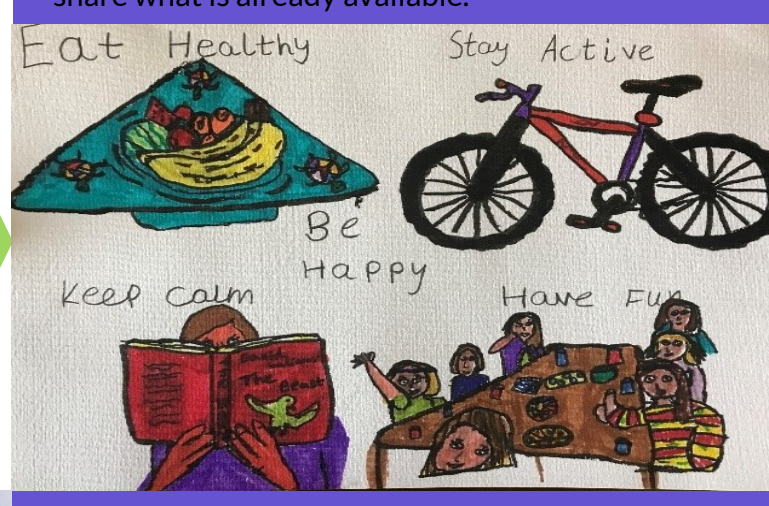
- Many parents said they felt that the mental health and wellbeing curriculum was an important support.
- Many parents were aware of the counsellors available in secondary schools.
- Most parents were not aware of which staff are trained Mental Health First Aiders in secondary schools.
- Parents and carers are telling us more information about how young people can access these supports is needed and we are working on this.



What did parents and carers tell us about family wellbeing supports?

- Outside spaces, community groups, family and friends, clubs and local mental health supports were felt to be helpful by some families to support wellbeing. Many parents were unsure what further community based supports they feel would be helpful.
- Many parents told us they would turn to their GP or friends and family if they needed wellbeing support.
- The impact of the COVID 19 pandemic on supports was felt to be variable. Many parents reported that it had affected family wellbeing a great deal.
- Many parents do not feel aware of what supports are available. We are working on the best ways to share what is already available.

What did parents and carers say is important in the recovery period and beyond?



- Well trained staff
- Good communication
- A continued focus on mental health in the curriculum
- Increased awareness of supports which are available
- Quick access to wellbeing supports when needed
- Accessible mental health/wellbeing supports
- Informal community based supports
- Accessible clubs and sports facilities locally
- Well maintained outdoor spaces

What will happen next?

- Thank you to the parents and carers who have volunteered to be part of our reference group, we will be in touch with you shortly.
- We will speak with you to find out more about the key messages and hear more about your ideas for community based supports.
- We will continue to work together with our young people, parents and carers, and professionals from all services to plan the next steps in enhancing and extending our community based mental health and wellbeing supports
- A mental health transformation group has been established with our partners alongside representatives of our key groups, including parents and carers, to take forward this important work.



With thanks to the wonderful winners and highly commended entrants to the young people's community wellbeing graphic competition for sharing their fantastic designs throughout.