



Young People's Participation

Stakeholder Toolkit

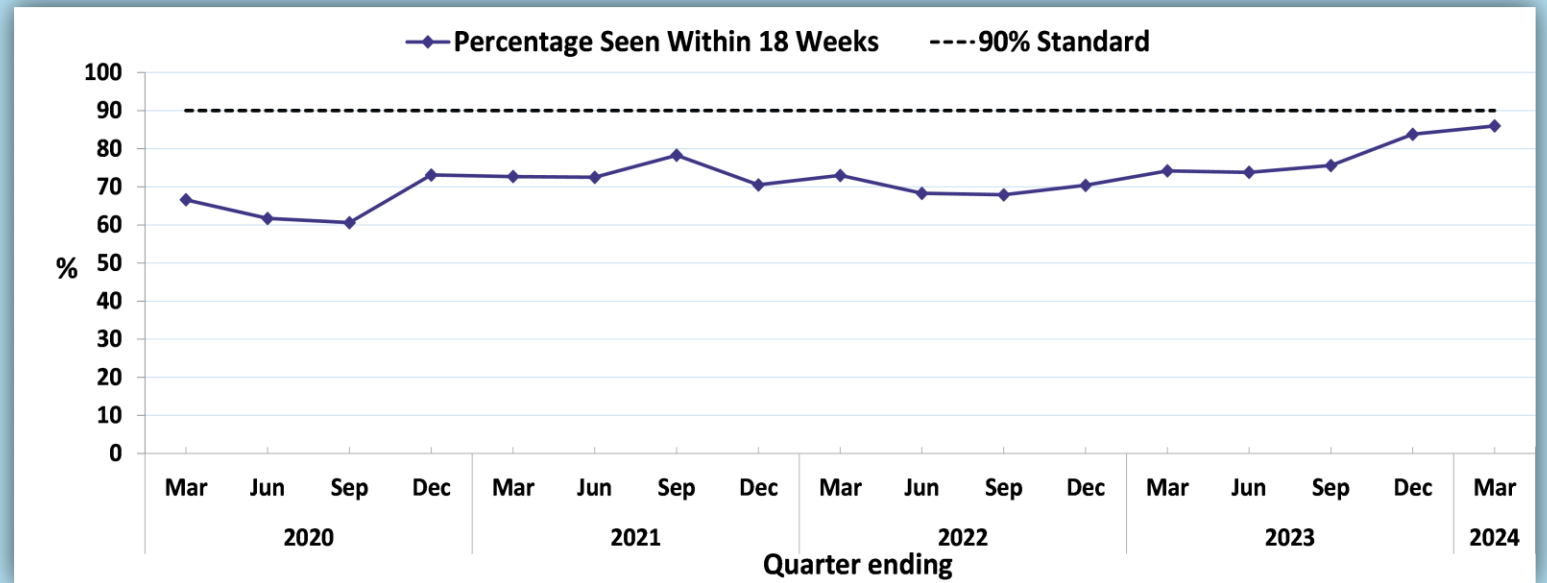
SAMH – working with children and young people

Children and young people’s mental health has been a priority area in our 'We Won't Wait' strategy since 2017.

- In 2017, we launched our first children and young people focused campaign - ‘Going to Be’.
- In 2019, the Youth Commission for Mental Health Services, supported by SAMH, Young Scot and the Scottish Government, [published a report](#) with recommendations for the Scottish Government and service providers to improve services and support for children and young people.
- Last October (2023), we supported several young people to meet the former First Minister, Humza Yousaf, at a roundtable event to discuss children and young people’s mental health and services.
- In early 2024, we held three scoping sessions at which young people told us how they’d like to engage with SAMH going forward.
- In May 2024, a group of young people met with the SAMH Trustee Board to discuss key issues related to young people’s mental health, and the opportunities for SAMH to support and engage young people in our work.
- Throughout Summer 2024 so far, young people have contributed to SAMH’s work on developing service information and discussing climate change and mental health.

Research

- In 2017, 7,000 children and young people were being rejected from Child and Adolescent Mental Health Services (CAMHS) every year.
- In 2023 the rate of rejection had not changed. That's 19 young people every day. Around 35,000 referrals are made to CAMHS each year, of which 20-25% are rejected. The Scottish Government target for 90% of children and young people to be seen by CAMHS within 18 weeks has never been met nationally.
- Reaching out and receiving mental health support is a difficult journey. The system of mental health support is confusing, fragmented, and very difficult for a young person to navigate — time and time again, young people describe experiences where the burden to navigate this system and find appropriate support was on them.



Graph source: [Child and Adolescent Mental Health Services \(CAMHS\) waiting times - Quarter ending March 2024 - Child and Adolescent Mental Health Services \(CAMHS\) waiting times - Publications - Public Health Scotland](#)

SAMH's Planned Activity

We are excited to beginning a new approach that will put young people's voices and views at the heart of our work, including to improve the system. We will focus our efforts on creating a movement for change across four activations

- **Recruiting a Young People's panel (YPP)** - made up of 10-20 young people who will meet regularly and who will guide all our youth engagement work
- **Recruiting a group of Youth Activists (YA)** - made up of an unlimited number of young people across Scotland, will engage with our work on an ad hoc basis and via a range of different activities.
- **Re-engaging Youth Commissioners** - who took part in the 2019 [Youth Commission on young people's mental health services](#), to get their assessment on the progress being made on their original recommendations
- **Engaging parents and carers** – plans TBC, please check webpage for developments: samh.org.uk/get-involved/our-campaigns/youth-activism-and-engagement



How you can support

We would really appreciate your support in helping to spread the message. You can do this in a number of ways:

Share our webpage

Our webpage at samh.org.uk/get-involved/our-campaigns/youth-activism-and-engagement contains all the information on how to sign up and what is involved.

Please share these on your social media channels, with your networks and contacts, and on your own website, as appropriate.

Follow us on social media and share our youth participation posts

You can follow SAMH on social media channels to keep up to date about the recruitment, and we'd love it if you could share our content and activity:

- Twitter: [@SAMHtweets](https://twitter.com/SAMHtweets)
- Facebook: facebook.com/samhmentalhealth
- Instagram: [@samhscotland](https://instagram.com/samhscotland)
- Linked In: linkedin.com/company/samh

Get involved

If you'd like to work with us on young people's participation or have other suggestions on how you'd like to be involved, drop us an email at campaigns@samh.org.uk

Editorial copy

The following copy can be used on your website, in your newsletter, or anywhere else as you see fit.

SAMH believe that young people should be able to ask once and get help fast for their mental health, and that young people should be involved in the decisions that impact them. For this reason, SAMH are offering two exciting new opportunities for young people in Scotland (aged 12-25) to become directly involved in the organisation's work.

- **SAMH Young People Panel** – a dedicated group of young people who will meet regularly to help guide all of SAMH's engagement work
- **SAMH Youth Activists** – a youth focused mailing list where opportunities and activities will be circulated regularly

To find out more, please see their webpage here: samh.org.uk/get-involved/our-campaigns/youth-activism-and-engagement

If you have any questions otherwise, please contact: campaigns@samh.org.uk.

SAMH

Scottish Action for Mental Health

Thank you for your support!

For more information, contact campaigns@samh.org.uk

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