



BRIEFING PAPER

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Mental health support for young people: a reading list



Contents:

1. Policy documents and reports
2. Coronavirus
3. Case studies, surveys and reviews

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Summary

This reading list provides links to relevant reports and research on supporting children and young people with mental health issues. It also includes links to sources of further information and advice.

It complements the Library briefing paper [Support for children and young people's mental health](#) (CBP 7196) which provides information on government policies on children and young people's mental health in England.

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1. Policy documents and reports

1.1 Transforming children and young people's mental health – a green paper

Department of Health and Social Care and Department for Education, [Transforming children and young people's mental health](#), December 2017, Cm 9525

Department of Health and Social Care and Department for Education, [Government response to the consultation on 'Transforming children and young people's mental health provision: a green paper' and next steps](#), 25 July 2018, Cm 9626

House of Commons Education and Health and Social Care Committees [The Government's Green Paper on mental health: failing a generation](#), 9 May 2018, HC 642

Department of Health and Social Care and Department for Education, [Government response to the report of the Education and Health and Social Care committees on the green paper 'Transforming children and young people's mental health provision'](#), 25 July 2018, Cm 9627

King's Fund, [Transforming children and young people's mental health provision – our response](#), 2 March 2018

Royal College of Psychiatrists, [Royal College of Psychiatrists Consultation Response to "Transforming children and young people's mental health provision: a green paper"](#), 1 March 2018

1.2 Health services

The [NHS England](#) website provides an overview of the main documents which have shaped children and young people's policy in the last five years including:

[The NHS Long Term Plan](#), 7 January 2019

["Children and young people's mental health services" in the NHS long term plan](#), 7 January 2019

[NHS Long Term Plan Implementation Framework](#), June 2019

[Five Year Forward View for Mental Health](#) 2016

NHS, [Future in Mind: Promoting, protecting and improving our children and young people's mental health and wellbeing](#), 17 March 2015

Further information and guidance

NHS website, [Children and young people's mental health services \(CAMHS\)](#)

NHS website, [Children and young people's eating disorders programme](#)

NHS, [Every Mind Matters](#) website

NHS, [Local Transformation Plans for Children and Young People's Mental Health and Wellbeing: Guidance and support for local areas](#), 3 August 2015

National Institute for Health and Care Excellence website, [Children and young people's mental health: How NICE resources can support local priorities](#)

NICE guidelines, [Depression in children and young people: identification and management](#), 25 June 2019

1.3 Mental health support in education

An overview of mental health support in schools and colleges is available on the NHS website: [New mental health support in schools and colleges and faster access to NHS care](#)

Department for Education, [Guidance: Physical health and mental wellbeing \(Primary and secondary\)](#), 9 July 2020

Department for Education, et al., [Guidance: Reducing the need for restraint and restrictive intervention](#), 27 June 2019

Department for Education, [Guidance: Mental health and behaviour in schools](#), November 2018

Department for Education, [Guidance: Counselling in schools](#), 17 February 2016

Department for Education, [Research and analysis: Mental health services and schools link pilot: evaluation](#), 9 February 2017

Anna Freud National Centre for Children and Families, [Mental Health Services and Schools Link Programme 2017-18: Facts and Frequently Asked Questions](#)

Further reading

[Support for students with mental health issues in higher education in England](#), Library briefing paper CBP 8593, 2 March 2020

2. Coronavirus

Public Health England, [Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) pandemic](#), updated 16 October 2020

Children's Commissioner, ["Angry, fed up, isolated": Coronavirus and children's mental health](#), 3 April 2020

Mental Health Foundation, [Impacts of lockdown on the mental health of children and young people](#)

Parliamentary Office of Science & Technology, [Child and adolescent mental health during COVID-19](#), July 2020

YoungMinds, [Coronavirus: Impact on young people with mental health needs](#), March 2020

YoungMinds, [Coronavirus: Impact on Young People with Mental Health Needs - Survey 2](#), Summer 2020

3. Case studies, surveys and reviews

Official publications

Care Quality Commission, [Right here right now: People's experiences of help, care and support during a mental health crisis](#), June 2015

Children's Commissioner, [The state of children's mental health services](#), 30 January 2020

Children's Commissioner, [Children's mental health briefing: A briefing by the Office of the Children's Commissioner for England](#), November 2018

Department of Health and Social Care, [Modernising the Mental Health Act: increasing choice, reducing compulsion](#), 6 December 2018

Healthy London Partnership, [Children and Young People's Mental Health Crisis Peer Review - Summary Findings Report](#), November 2018

National Audit Office, [Improving children and young people's mental health services](#), 9 October 2018

NHS Digital [Mental Health of Children and Young People Surveys](#)

NHS England, [Integrated health and care in action – children and young people](#), 20 March 2019

Local Government Association, [Improving children and young people's mental health and emotional wellbeing: Findings from the LGA's peer learning programme](#), 15 May 2019

Parliamentary and Health Service Ombudsman, [Ignoring the alarms: How NHS eating disorder services are failing patients](#), 6 December 2017
HC 634

Social Care Institute for Excellence, [Improving mental health support for our children and young people: Expert Working Group final report](#), November 2017

Charity and think tank publications

Centre for Mental Health, [Bringing care back home: Evaluating the New Care Models for children and young people's mental health](#), 5 March 2020

Council for Disabled Children, [These are our children: A review by Dame Christine Lenehan, Director, Council for Disabled Children](#), January 2017

Children's Society, [Waiting in line: Stories of young people accessing mental health support](#), February 2020

Nuffield Trust, [Improving young people's mental health care](#), 03 July 2017

Stem4, [The Failure of Children and Young People's Mental Health Services 2019: Another year in decline](#), December 2019

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YoungMinds, [Lack of early support for young people's mental health puts pressure on GPs – new survey](#), 7 November 2019

YoungMinds, [Huge gaps in early support for young people with mental health problems – new survey](#), 2 August 2019

YoungMinds, [A New Era for Young People's Mental Health](#), September 2018

Young People's Health Partnership, [What supports young people's mental wellbeing? Results and recommendations from discussions with young people](#), February 2019

Academic publications

BMJ, [One in five children in the UK affected by "persistent poverty," figures show](#), 11 June 2019

Dickson, K et al., [Screen-based activities and children and young people's mental health and psychosocial wellbeing: a systematic map of reviews](#), Department of Health Reviews Facility, January 2019

Department of Health and Social Care, [UK Chief Medical Officers' \(CMO\) commentary on 'Screen-based activities and children and young people's mental health and psychosocial wellbeing: a systematic map of reviews'](#), 7 February 2019

Fiona Brooks, et al., [World Health Organization Collaborative Cross National Study: Findings from the 2018 HBSC study for England](#), Health Behaviour in School-aged Children (HBSC), 2018

Psychological Medicine, [Mental health and well-being trends among children and young people in the UK, 1995–2014: analysis of repeated cross-sectional national health surveys](#), 12 June 2018

Whitney Crenna-Jennings and Jo Hutchinson, [Access to Child and Adolescent Mental Health Services in 2019](#), Education Policy Institute, January 2020

3.1 Parliamentary material

Select Committee reports and responses

House of Commons Health Committee, [Children's and adolescents' mental health and CAMHS, Third Report of Session 2014–15, HC 342](#), 05 November 2014

House of Commons Health Committee, [Children's and adolescents' mental health and CAMHS: Government Response to the Committee's Third Report of Session 2014-15, Fifth Special Report, HC 1036](#), 10 February 2015

House of Commons Education and Health Committees, [Children and young people's mental health - the role of education, First Joint Report of the Education and Health Committees of Session 2016–17, HC 849](#), 2 May 2017

House of Commons Education and Health Committees, [Children and young people's mental health - the role of education: Government](#)

[Response to the First Joint Report of the Education and Health Committees of Session 2016–17, HC 451](#), 24 October 2017

Public Accounts Committee, [72nd Report - Mental health services for children and young people, HC 1593](#), 11 January 2019

HM Treasury, [Treasury Minutes: Government response to the Committee of Public Accounts on the Seventy-Second to the Seventy-Seventh reports from Session 2017-19](#), CP79, April 2019

Women and Equalities Committee, [Mental health of men and boys inquiry](#), 2019 Parliament

Library papers

[Support for children and young people's mental health](#), Commons briefing paper, CBP 7196, 21 July 2020

[Mental health policy in England](#), Commons briefing paper, CBP 7547, 7 October 2020

[Support for students with mental health issues in higher education in England](#), Commons briefing paper CBP 8593, 2 March 2020

[Mental health statistics: prevalence, services and funding in England](#), Commons briefing paper, CBP 6988, 18 February 2020

[Personal, social, health and economic education in schools \(England\)](#), Commons briefing paper, CBP 7303, 17 July 2019

[Social Prescribing](#), Commons briefing paper, CBP 8997, 3 September 2020

[Mental Health of Children and Young People](#), Lords briefing packs LBP-2019-0056, 16 May 2019

[Anti-bullying week](#), Commons debate pack, CDP-0243, 13 November 2018

[Mental health services for post-16 students in England](#), Commons briefing paper, CBP 8163, 7 December 2017

[E-petition 176555 relating to mental health education in schools](#), Commons debate pack, CDP-0200, 1 November 2017

[Supporting children's wellbeing and mental health in a school environment](#), Commons debate pack, CDP-2016/0257, 5 January 2017

[Effect of social media on the mental health of young people](#), Commons debate pack, CDP 2016-0196, 1 November 2016

[Access and waiting time standards for early intervention in psychosis](#), Commons debate pack, CDP 2016-0150, 24 August 2016

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