

LET IT OUT

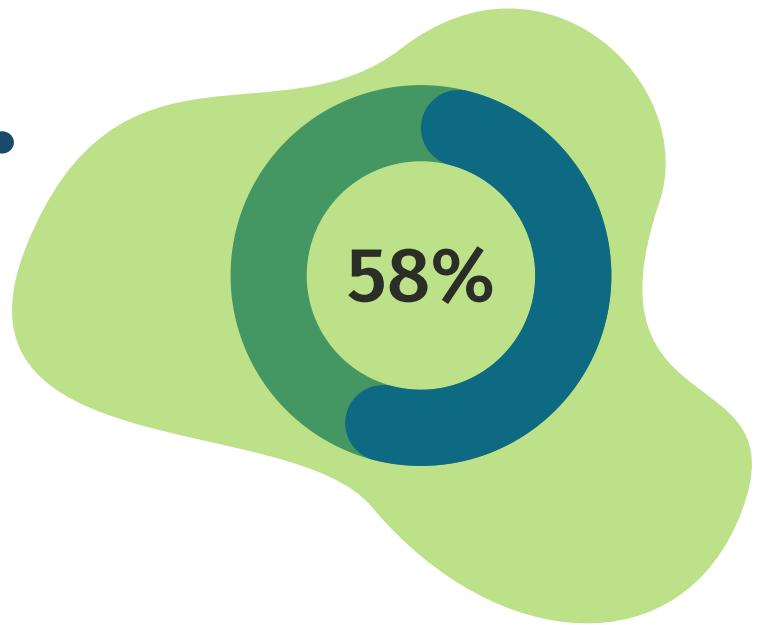
NI Mental Health Survey

Results

Over the past few years we have been collecting survey results on youth mental health in NI. Here are some results that we found. 812 people were surveyed, with 736 being in the 0-25 range.

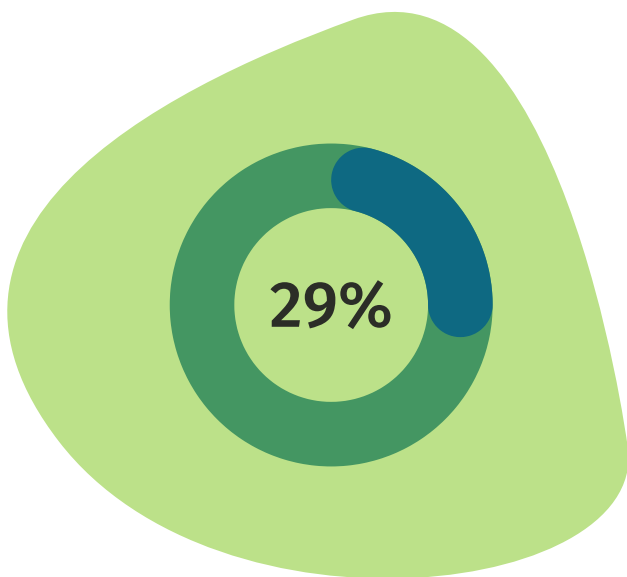
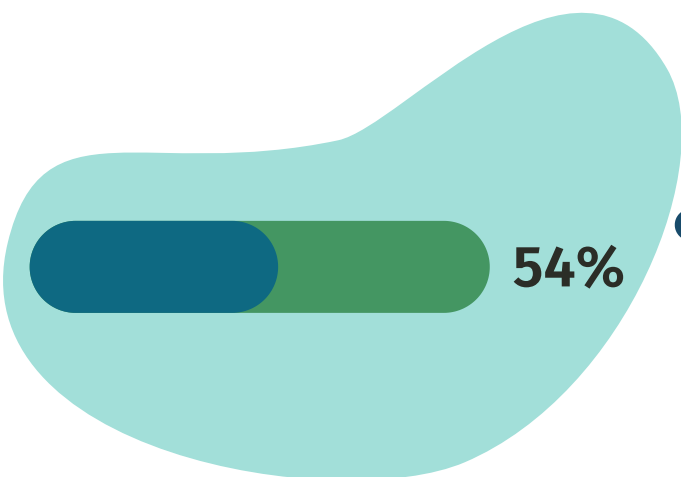
Mental Health Rates

429 or 58% of young people surveyed said they had a mental health problem



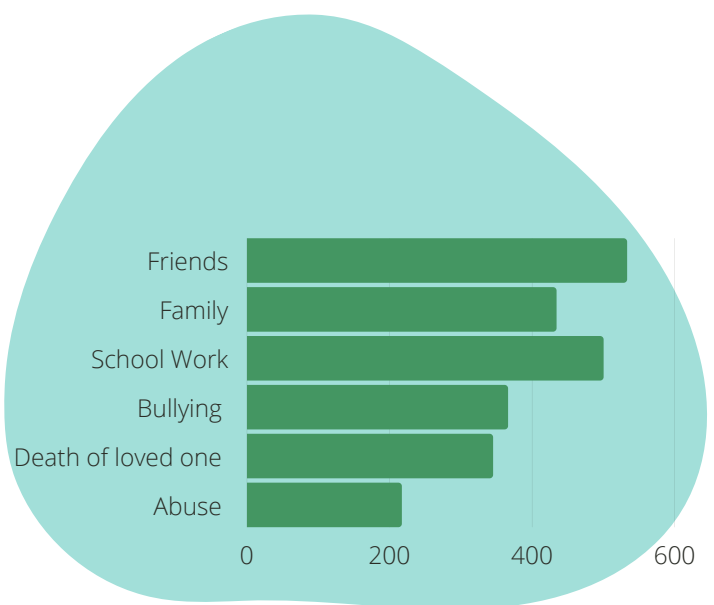
Treatment Rates

Only 54% of those who said they had a mental illness had received treatment



Mental Health Helplines

Only 29% of those said they had ever used a mental health text or helpline.



Common Problems

The issues above are the most commonly selected issues that 0 - 25 year olds dealt with.

Where are our results from?

A number of schools helped us by distributing the link to our survey to their students. We also have a link to the survey on our website.

Waiting Game

In 2020 a number of trusts in NI missed their CAMHS waiting time targets of 9 weeks, leaving some young people waiting up to a year for support.



What can we do?

Openly talking about emotions and mental health can really help young people to recognise that they may be suffering. Check out our website to find free resources to help youth mental health

