

Lets Be Honest: The Importance of Talking About Mental Health

Welcome!

Let's Be Honest Survey

We are conducting this survey because it hurts when we don't talk about our struggles.

We want to share a real-life story to emphasise the importance of open conversations about mental health. Tyler Ray Abdul was a wonderful young man, full of life and potential. He was kind, talented, and loved by everyone who knew him. Tragically, Tyler died by suicide in November 2024, at 15 years old. His passing has left a void in the hearts of his family and friends. Tyler's story is not in isolation. In the U.K. 4 teenagers die by suicide each week. By sharing Tyler's story, we hope to encourage others to speak up about their own experiences, so that we can learn how to better support our children and young people, and each other.

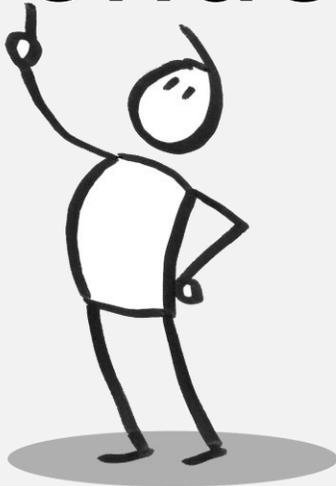
Let's work together to break the silence and stigma around mental health, so we can better support each other.

Early Attitudinal Research for Project Action

'I think this is a very important piece of work'

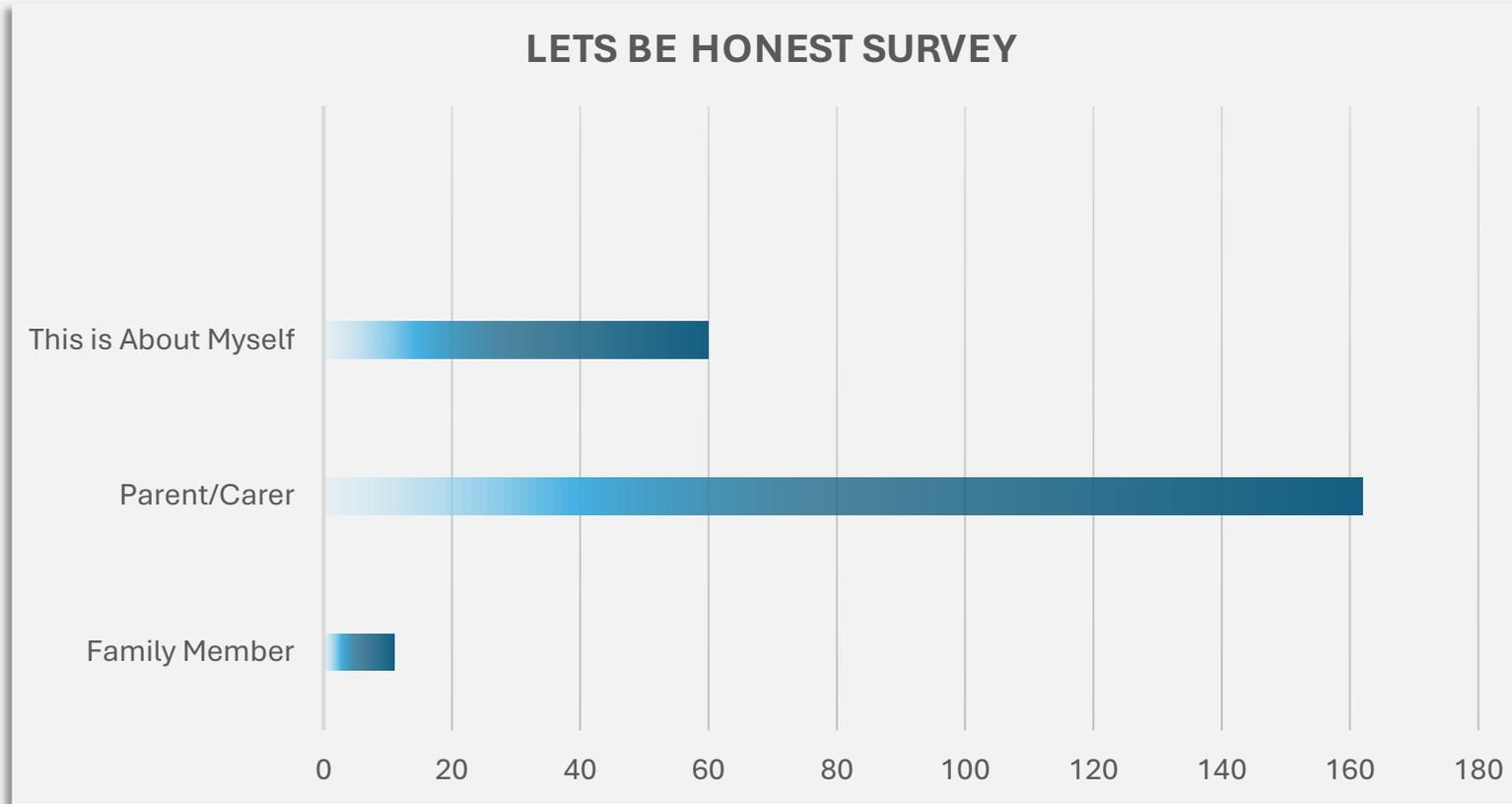
Care-giver/Family Insight

Respondents



'Keep it on the agenda'

Care-giver/Family Insight



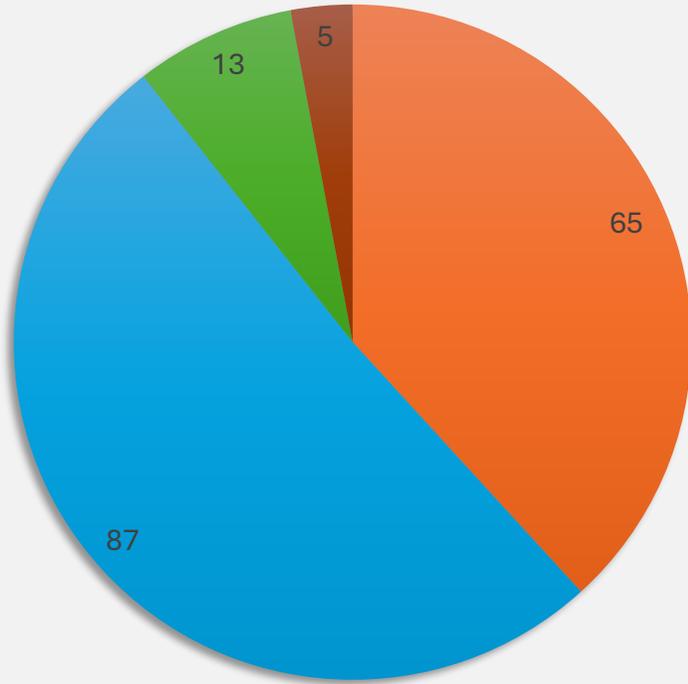
The survey had **233 respondents** across three user groups:

- **Parent/Carers,**
- **Family Members, and**
- **Those answering for themselves.**

- Parent/Carer Group: 162
- This is About Myself: 60
- Family Member: 11

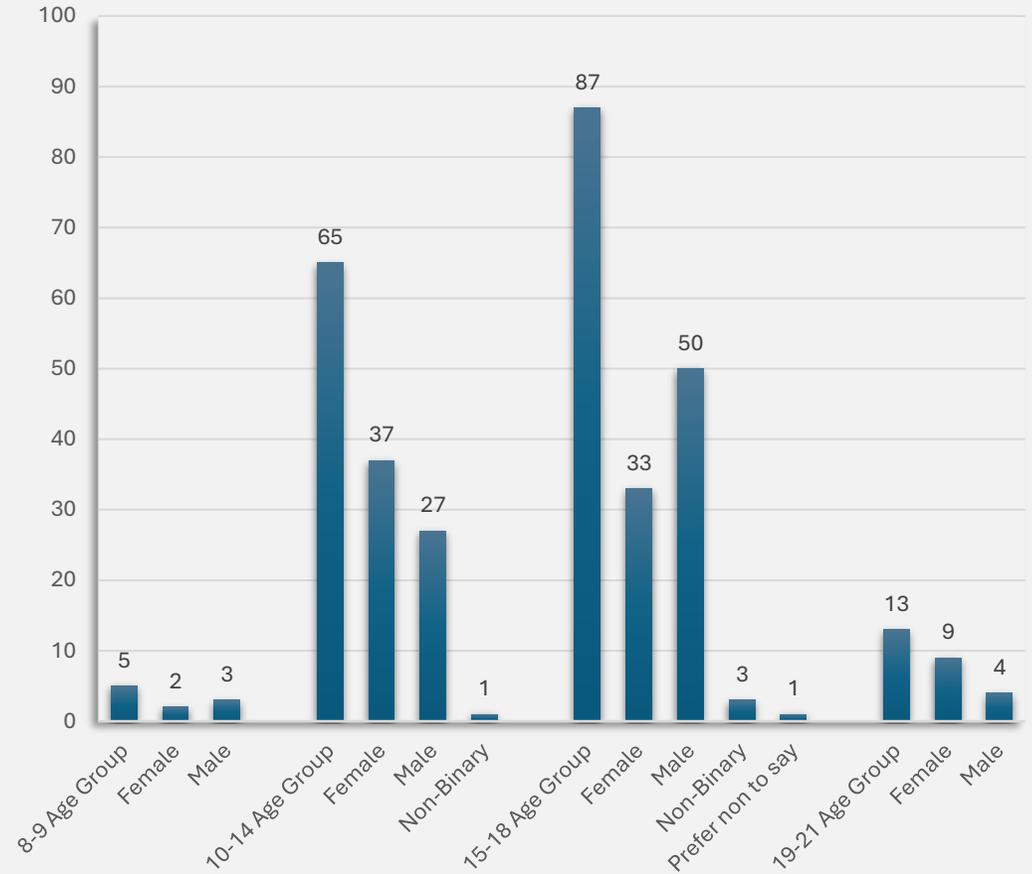
RESPONDENTS

Care Giver/Family Group



10-14 Age Group 15-18 Age Group 19-21 Age Group 8-9 Age Group

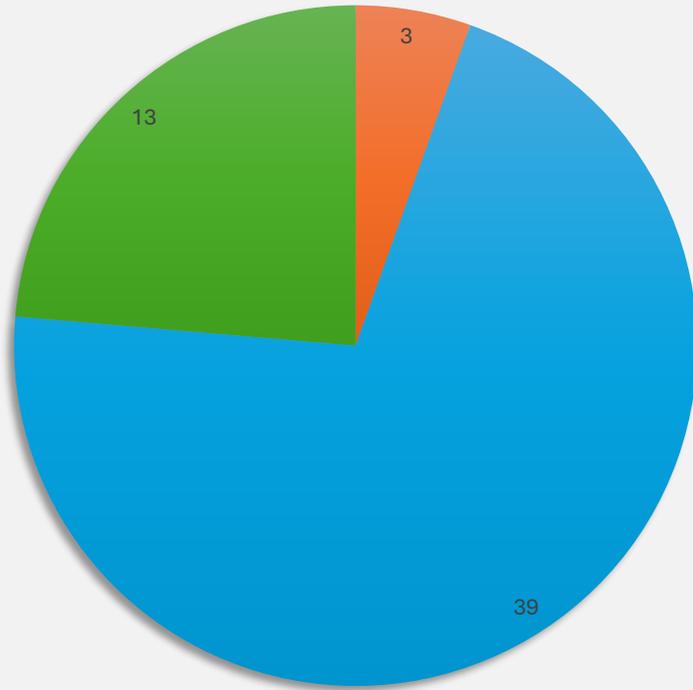
CYP Age Groups



- Female: 81
- Male: 84
- Non-Binary: 4
- Total: 169

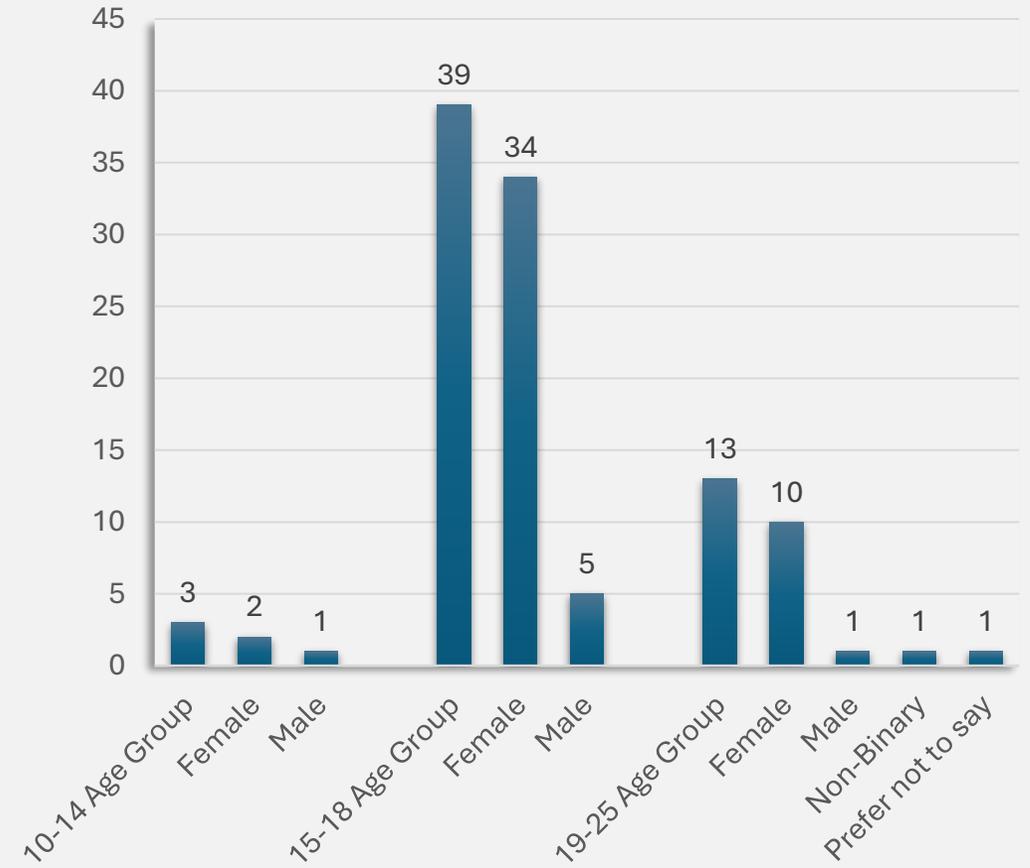
RESPONDENTS

This is About Myself



10-14 Age Group 15-18 Age Group 19-25 Age Group

CYP Age Groups



- Female: 46
- Male: 7
- Non-Binary: 1
- Prefer Not to Say: 1
- Total: 55

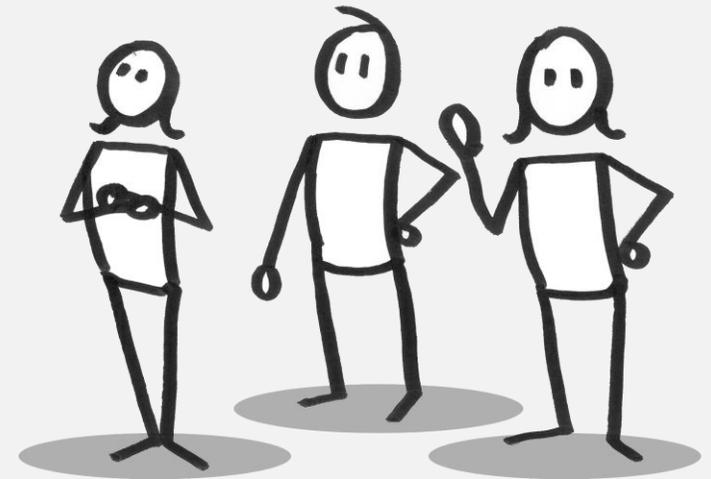
'Don't be ashamed to talk about it'

CYP Insight

Mental Health Struggles

***'Mental health is difficult you don't
always see it or see what is going on'.***

Care-giver/Family Insight





8. How would you describe your current situation regarding any support you're receiving?

Please select one of the following options

- I am receiving support but need more
- I am receiving support and do not need more
- I am okay at the moment and not getting support
- I am really struggling and not getting support
- I am really struggling despite receiving support
- Prefer not to say

Looking at the 3 main struggle areas: Anxiety, Depression and Excessive Stress Burnout:

Age Group 10-21:

Feeling Okay: Many respondents in this age group feel okay at the moment. They rely heavily on their family, especially their mum, and friends for support (n.14. s.15-18)

Receiving Adequate Support: Some respondents are receiving sufficient support from their mum, friends, and school, and do not feel the need for additional help (n.5.)

Struggling Despite Help: There are also individuals who are struggling even though they are receiving help from their mum, friends, and school (n.7. s. 15-18)

Age Group 22-24:

Struggling Without Support: Two respondents in this age group are really struggling and feel they are not getting the support they need. They mention families, GPs, colleagues, and friends, but feel that "nothing really helps."

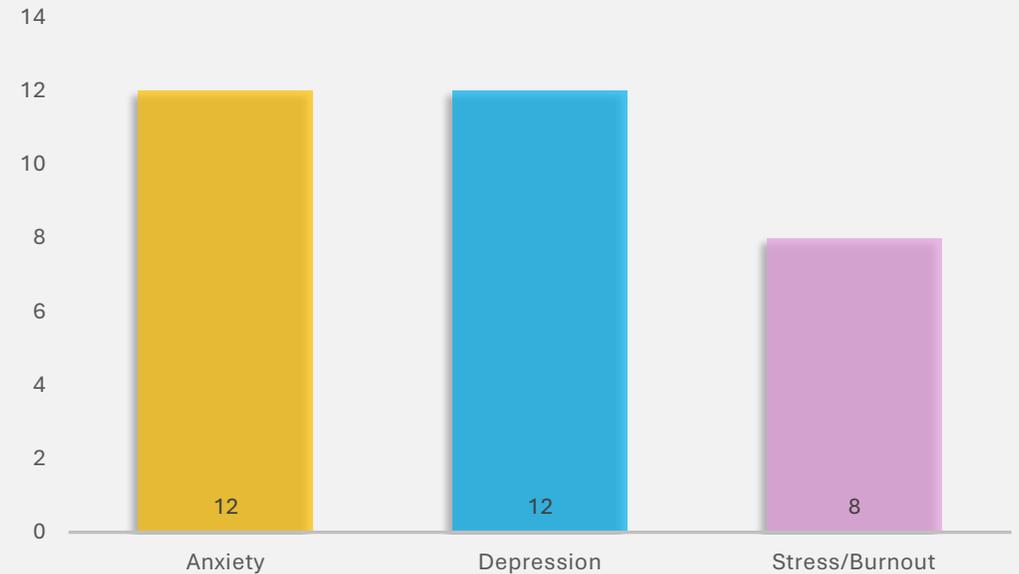
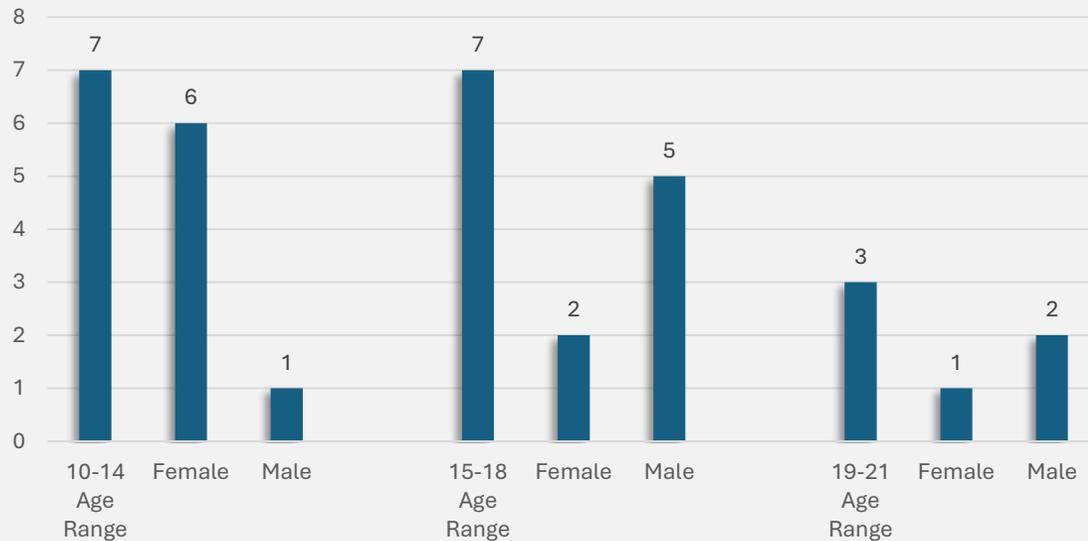
Common Themes in Support Networks

- **Common Theme:** Across age groups, family and friends are the primary sources of support, with a particular emphasis on the role of mothers.

...’taken to A&E and admitted to a children’s ward in December for 17 days and didn’t see a mental health Dr in that time’

‘Currently under camhs but support is minimal with weekly check ins only. Have had 4 visits to A&E for self harm / suicide ideation’.

Age Ranges (EC)

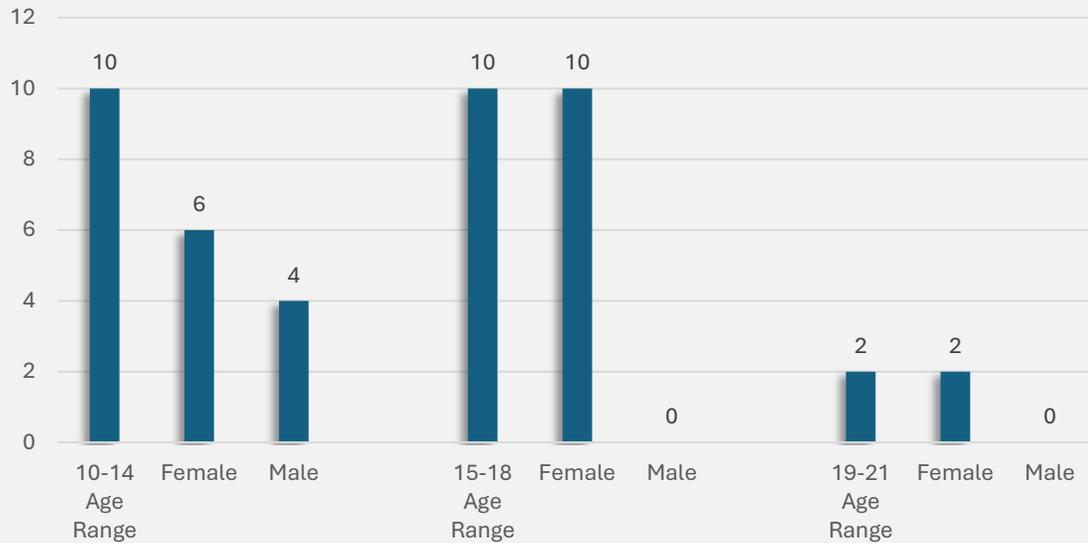


...’only because [my child] self harmed in school that they are now actually doing anything’.

‘5 suicide attempts. Under CAMHS. Paid for a private diagnosis as the wait is 5 years’

Care Giver/Family Very Concerned

'GP has referred to CAHMS twice but each time [my child] not met the criteria'

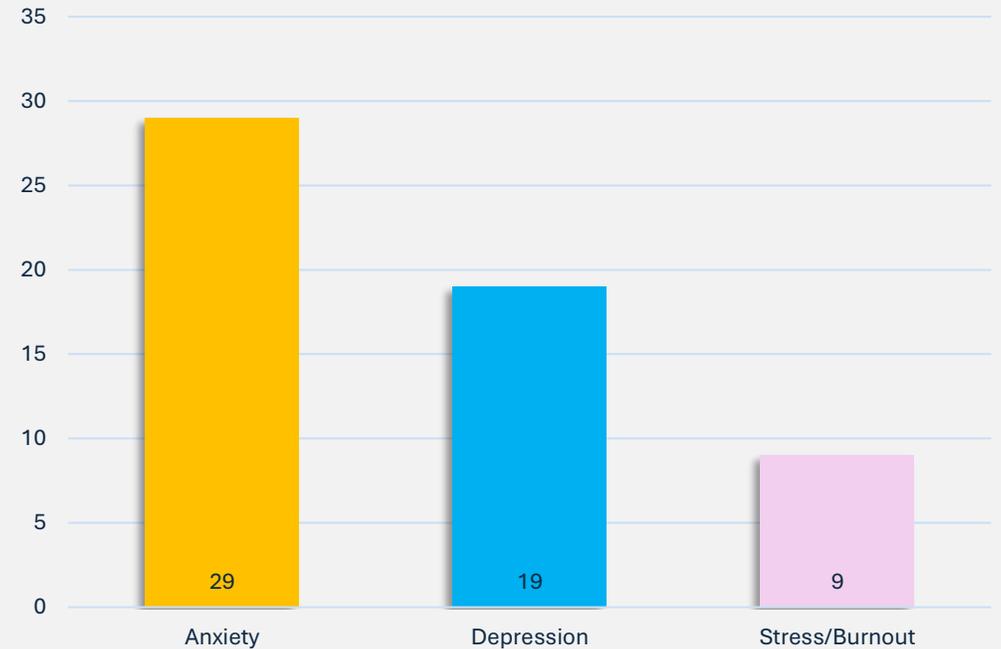


'School but support not very forthcoming'

'NHS waiting list. School are useless. Have now to consider paying'

'CAMHS (but no help was given, and it was a traumatising experience)'

'Minimal help from CAMHS'



'others wouldn't talk to [my child] as they were suicidal so too serious so ended up waiting for CAMHS to help which did help at the time but struggling again now and worried we will be fobbed off as not suicidal or self harming just having intrusive thoughts'

Comparison of Patterns: Extremely Concerned vs. Very Concerned Groups

Extremely Concerned Group:

- **Delayed or Inadequate Response:** Significant action is often taken only after severe incidents like self-harm or suicide attempts, indicating a reactive approach.
- **Insufficient Mental Health Services:** Long waiting times and minimal support from CAMHS, even during hospital admissions, highlight the inadequacy of mental health services.

Very Concerned Group:

- **Barriers to Accessing Support:** Challenges in accessing mental health support, including not meeting CAMHS criteria, long NHS waiting lists, and inadequate school support.
- **Traumatic and Insufficient Help:** Experiences with CAMHS are often minimal or traumatizing, with help either not forthcoming or insufficient, especially for serious cases.

Key Differences:

- **Severity of Incidents:** The extremely concerned group deals with more severe incidents (e.g., multiple suicide attempts, long hospital stays without mental health care), while the very concerned group faces barriers to accessing support and insufficient help.
- **Reactive vs. Proactive:** The extremely concerned group highlights a reactive approach to mental health crises, whereas the very concerned group emphasises the difficulty in proactively accessing adequate support.

Both groups underscore the urgent need for more accessible, proactive, and comprehensive mental health support systems.

***'The constant negativity and judgements
started from social media'***

CYP Insight

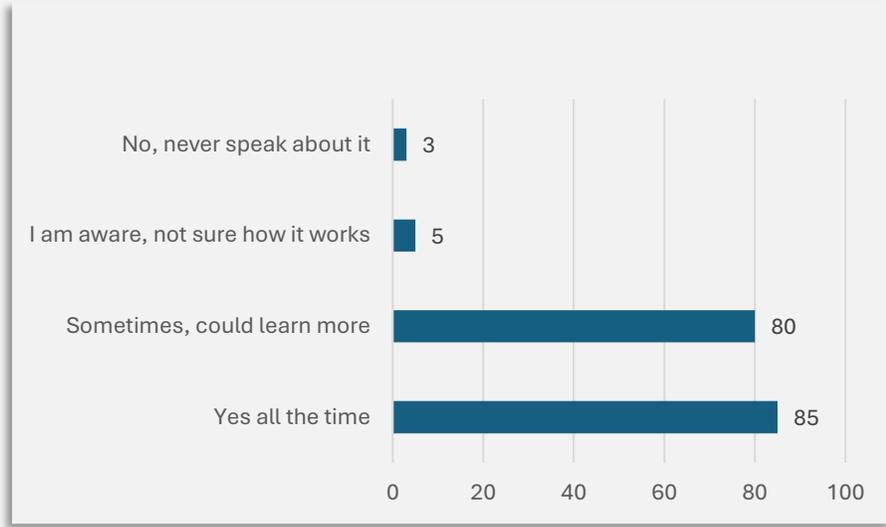
Social Media



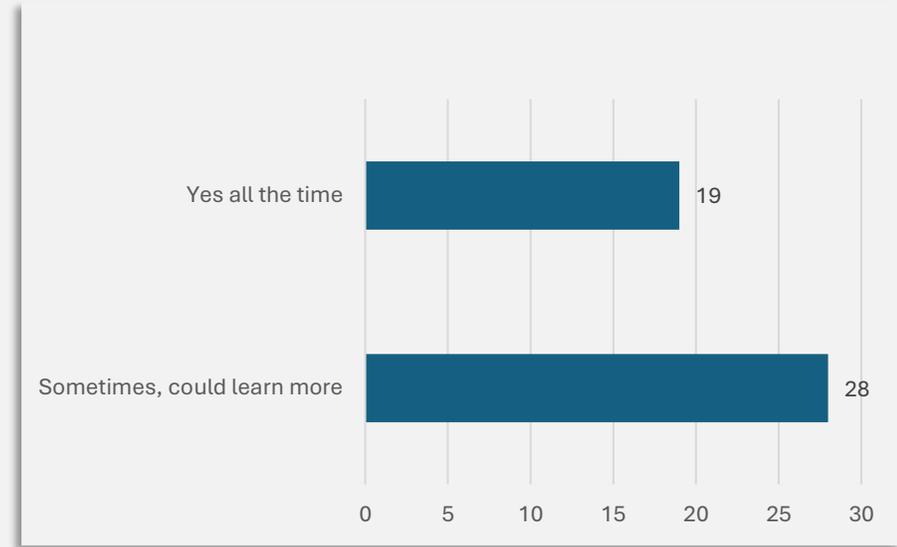
***'I wish there was a way to stop people only sharing
when their life is good. So many smiling photos or
holiday etc... and I then feel like I can't ever achieve
constant happiness like everyone else, but I know
it's not actually true'***

CYP Insight

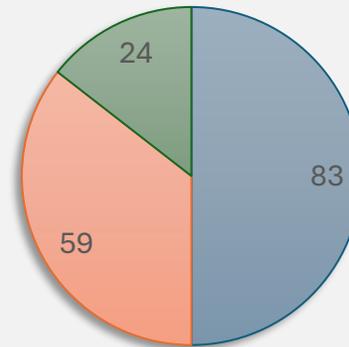
SOCIAL MEDIA



Q. Do you talk about online safety? (Care Giver/Family Member)



Q. Do you talk about online safety? CYP)



■ A great deal ■ Quite a bit ■ Somewhat

Q. How much does social media concern you? (Care Giver/Family Member)
 NB: CYP answered 'A Great Deal' n.20

Stricter access so no one can use them until at least 16 yrs

Better safety measures so young people cannot access inappropriate content

Kids being able to get around the controls and accessing it too young mental health

More regulated so teenagers can't go on apps with unsuitable content

Children had limited access until they were 16 and that inappropriate content was instantly removed by the internet providers. The tech companies have a lot to answer for but are unlikely to do anything without government intervention as they make so much money from advertising etc to young people

The content that our children can access

Limit the amount of adult content available to children because children are being exposed to too much too soon which can lead to the child becoming upset, confused or triggering an underlying feeling or issue.

Ban them until age 18

Not allow teenagers to so easily access it

Less access to it for children.

Restrict what children have access to and how much time they spend on it.

To make adult content less accessible to teens

I would ban it for under 16/17 year olds

Robust controls by age on what they can see and access

Ban it until 16 and have limits

No access to children under 16, it's ruining their lives.

Make monitoring easier for parents remotely

It be inaccessible to under 16's

Theme: Content Safety

n.149 respondents Care Givers/Family Members

Age limits

Age restrictions on content and app access.

Age restrictions on certain things

Age limits

Better moderation on toxicity, harmful comments moderated - age controlled apps -

Raise the age range and (I don't know how) make it so under age CAN NOT get on to it.

Age appropriate material being shared

Age restrict it properly

Higher age

Stricter time limits, higher age limits on having the apps, a sign up process that doesn't allow anonymity

Change age limits and ease of bypassing current age limits

tighter age restrictions

Age limits

More restrictions on content - both access and what's available. Warnings and age restrictions could be an option.

Theme: Age Restrictions

I would not allow certain content to be available on social media platform and parental approval would be required to view certain feeds.

Make the platforms accountable for the content they publish

Tech firm accountability for content

Stop extremely violent content

Stricter Rules on content

Too much to mention but I would like to stop the uploading of content containing other people without their permission

The absolute garbage content allowed on it

Stricter controls on content

More restrictions on content

Non targeted content

More to be done about making social media platforms deal with trolls and malicious content

More protection for young people through filters and controls on what they are served by the algorithms to reduce harmful and inappropriate content entering their feed.

There need to be sufficient safeguards in legislation that compel social media platforms to actively protect young people and restrict certain types of content to that audience - this legislation needs to be enforceable and breaking those rules should result in punitive action

Theme: Content Accountability

Unrealistic standards and normalising this

Comparison and competition

the false and extreme body standards

Filters on pictures, editing to make it look like women are flawless all of the time. Bullying and harassment being shut down as soon as it happens.

Unrealistic standards

Editing causes so many girls insecurity so like stopping that

fake things

Fake gym influencers and beauty influencers because they create unrealistic body standards for men and women and can make already insecure teenagers feel even worse

I wish there was a way to stop people only sharing when their life is good. So many smiling photos or holiday ect and I then feel like I can't ever achieve constant happiness like everyone else but I know it's not actually true

Theme: Unrealistic Standards and Online Insecurity

That strangers can't make friends with children online because lots of people get tricked and scammed. Suggested that friends can only make friends with each other if their devices are near each other.

how people can make anonymous accounts and can online bully and get away with it

Not so many fake accounts cuz it's wierd

limit commenting on posts to stop hate.

the bullying

the horrible people on it

banning of accounts after using hate speech

how toxic it can get

Negative people

Theme: Anonymous Bullying

the glamorisation and stigma around mental health

Constantly being exposed to people romanticising mental health, displaying more ways and giving people ideas of things they could do to hurt themselves e.g. young children being exposed to the idea of self harming and then believing it's a way to cope

Glorification of mental illness, issues are talked about as if they are normal on websites like tik tok and instagram, when they really shouldn't be normalised.

The lot. Ban TikTok as it is the worst

Theme: Mental Health Stigma

'Maybe a subject in school'

CYP Insight

Shared Opportunities



*'A free place for people to talk without any judgement,
not like therapy but more as a way to make people more
aware'*

CYP Insight

SHARED OPPORTUNITIES

Community Spaces

'Safe and free community places'

Youth Clubs and Activities

'After school youth clubs'
'More in-person hangouts'

Safe Spaces

'A safe space where they could go without any fear or judgement'
'A completely stigma-free café'

Digital-Free Zones

'Digital free school places'
'Digital free zones'

Mental Health Education

'Teaching children at primary about strategies to help with mental health'
'Proper mental health services available in a timely manner'

Peer Support

'Support groups for teenagers'
'An online hub where people can talk about their feelings without judgement'

Involving Parents

'More support from GP'
'Ability to talk to parents unjudged'

Normalising Conversations

'Normalising conversations about our emotions and feelings'
'Engrave it into everyone's mind that there is help'

Reducing Stigma

'Something to reduce stigma'
'It's normal and fine and even important to talk about this stuff with your friends'

Common Themes:

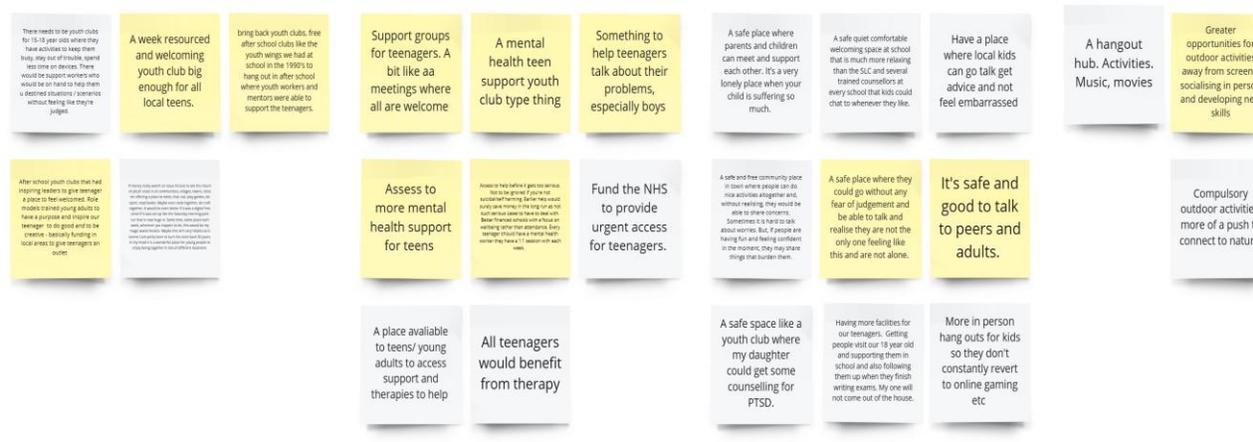
- **Safe and Welcoming Spaces**
- **Youth Clubs and Hang-out Hubs**
- **Outdoor and Creative Activities**
- **Education and Awareness**
- **Accessible Mental Health Support**
- **Normalising Conversations about MH**
- **Online and Anonymous Support**

Most Common Opportunities

A multifaceted approach Adults identified several key opportunities to support teen mental health:

- **Creating Safe Spaces:** Establishing environments where teens feel secure.
- **Reviving Youth Clubs:** Bringing back community clubs for social interaction.
- **Promoting Outdoor Activities:** Encouraging physical activities for better mental health.
- **Enhancing Access to Resources:** Improving availability of mental health support.
- **Normalising Conversations:** Making discussions about mental health more common.
- **Leveraging Online Platforms:** Using digital tools to reach and support teens.

These strategies can significantly improve the well-being of young people.



n.122 respondents Care Givers/Family Members

Space rocket	Yoga rooms	I really don't know, just having positive voices talking about these issues is important though.	Id make people see life through others so they know what to do	an easy to follow step-by-step journey to support and how to help others around you	engrave it into everyone's mind that there is help, there are people that love you and that it WILL get better	Stand up and speak up for yourself, put yourself first
I wish there were more community spaces to come together and sing and dance outside of religious spaces so we could all play more	I'd create something that reconnects you with nature-when I go out on walks even when im by myself I just feel a weight being lifted off of my shoulders, seeing how beautiful the world is away from such silly things that are troubling me, maybe some sort of painting in the wild or feeding animals stuff like that	In schools / unis	in a safe in person environment	lesson in school for it	an anyonamois app for teenagers to open up to eacbother	Somewhere where they feel loved and safe and know they are not alone
An app where you can talk to real people about your problems that has a short waiting time - the hotlines always take a long time to answer	It to be taken from the view of a teenager within the time in which we live	an app so that people would be able to get help easily and anonymously	Tiktok	A completely stigma free cafe where everyone could talk in a safe space with nothing going on your medical record and no judgement	making it a common subject to spread awareness	I'd just want people to know without having to explain
Something to unite people going through spesific similar experiences that's accessible	I am not sure but maybe there could be a weekly or monthly drop in where you could make appointments or something to talk to someone.	Talking	Online therapist for free			

Common Themes:

- **Safe and Supportive Environments**
- **Accessibility and Anonymity**
- **Integration into Education**
- **Community and Connection**
- **Nature and Tranquillity**

Most Common Opportunities

Young people emphasise the need for **accessible, stigma-free mental health support.**

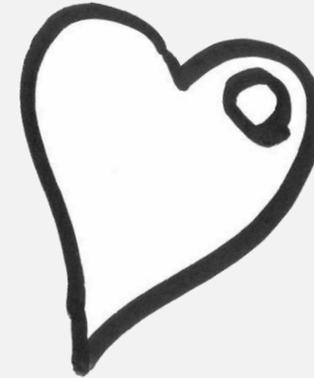
- **Leveraging Technology:** Using digital tools to provide support.
- **Creating Safe Community Spaces:** Establishing secure environments for teens.
- **Enhancing Education:** Improving mental health education.

These strategies can significantly improve the well-being of young people.

Padded room, flashing lights, loud and quiet voices. Switching to peace, mood lighting, forest or sea sounds. During switch, to explain to ppl that we can all feel overwhelmed, tranquility is still out there	i would create a drink that would stop everyone's struggles so everyone can be happy and at peace	I would create a centre were people could talk about their struggles and feelings with real people listening and giving advice. this would be free of charge aswell	maybe a subject in school	School	A device so that you can see the mental health of a child/person because you don't know if they don't open up.	I would love for phones to come with auto installed apps that provide info on where to find mental health support. When you buy an iphone it has all the apple downloaded apps ready and waiting, if one of these apps could be solely based around support for mental health, it would be easily accessible.
I would open more teen counselling places that are more known about so everyone has the ability to go if they need support	Just a resource that shares that it's normal and fine and even important to talk about this stuff with your friends. I feel like the stigma is still there especially in young people. Everyone wants to look like they're having a great time and sometimes it feels like if you break that stigma you're the one who's weird or bizarre.	More pages on social media - less pages on social media that promote bad health and gaming	I think I'd like people with social anxiety tap into people's minds and listen to what they're thinking because it's very rarely about them. It would have helped me in a lot of situations. But also somehow it is filtered so you can't hear if it is bad things	more talks about neurodivergent needs and struggles as it is not knows enough and more support for boys	A free place for people to talk without any judgement, not like therapy but more as a way to make people more aware	Free help, not having the feeling of being scared to ask for help being embarrassed to talk about how you feel and what's going on inside. No fear of being judged or not being listened to properly and that everyone can understand everything. Potentially mental health not being a thing at all
Change the school system asap so that from as early as possible we can get children understanding their bodies and embracing who they are	Lengthy waiting list for support are banned from the young people and adults to get someone they can talk to professionals about things. Encourage every single teacher in the UK to educate on mental health issues so that when a child goes to them about something that the teacher can educate them and understand what the child is saying and not make them feel like they're making a scene and make them feel worse and give them in the right direction to get support that comes from personal experience of what's happened at a certain secondary school in Dorset where they had support offered to students or understand when you can just try to communicate that I really needed help and was trying best for someone to listen to me.	more about it in schools or dedicated therapists in schools or workplaces to people are getting regular check-ins	free to access platform of advice and experience about mental health issues for young people as it's less formal then seeking professional help and more accessible	People coming in to school and speaking about experiences and ways to help	be more open and talk to people about it and get the help u need	A plane ticket to get out of this shithole

'Mental health is the NHS's 'dirty little secret'.

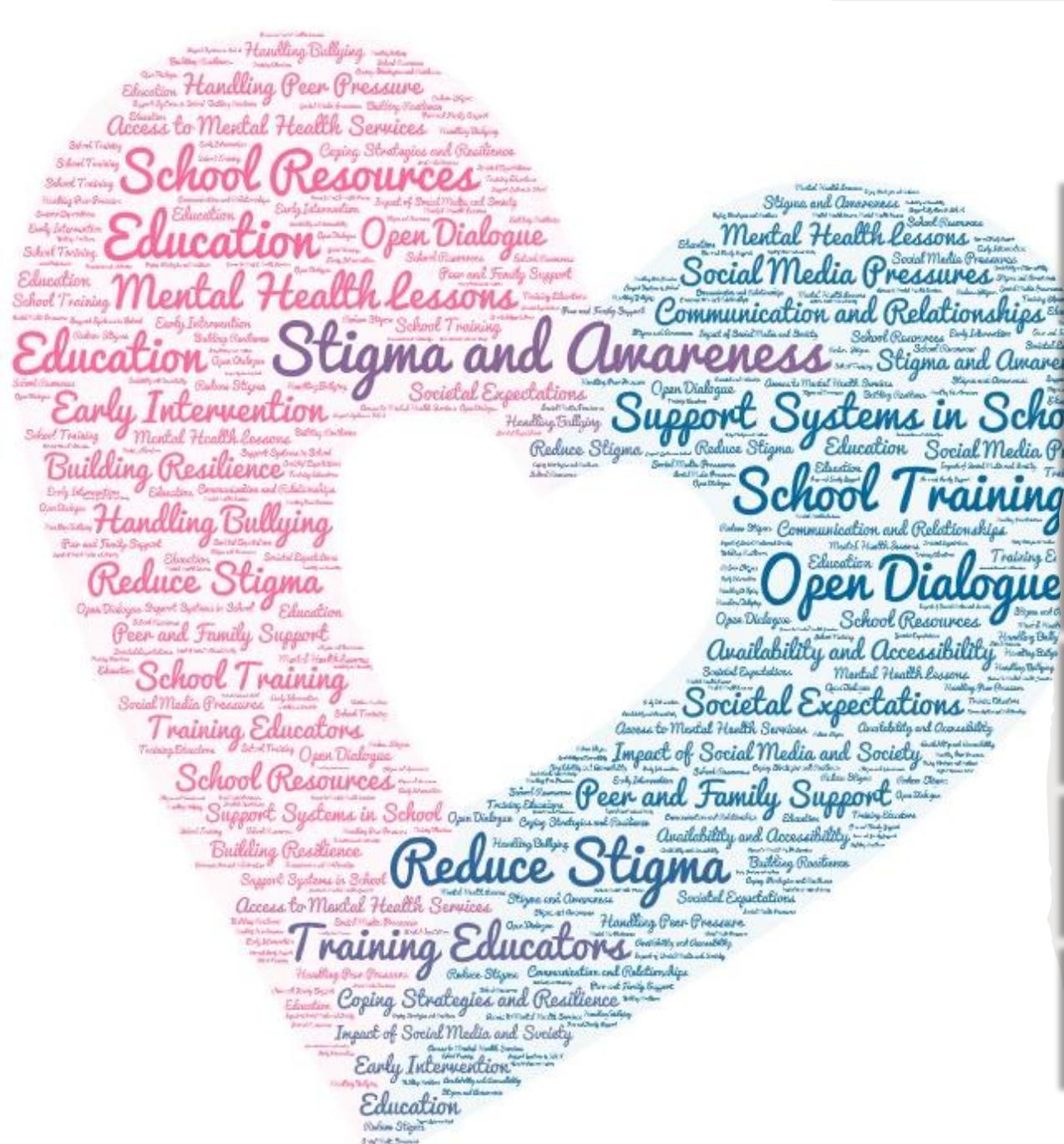
Care-giver/Family Insight



Your Opinion Matters

'I think the stigma around mental health needs to be stopped and for people to talk about it more and for struggling to be more normalised'.

CYP Insight



Stigma & Awareness

- Stigma Reduction: Normalise mental health and well-being conversations to reduce stigma.
- Education: Introduce mental health education early in schools.

Support Systems

- School Resources: Schools need more mental health resources and trained staff.
- Parental Involvement: Educate parents on mental health and supporting their children.

Accessibility and Availability

- Long Waiting Lists: Reduce waiting times for mental health services, especially specialised care.
- Safe Spaces: Create safe spaces for young people to express themselves.

Social Media and Peer Pressure

- Impact of Social Media: Address social media's effects on self-esteem and mental health.
- Peer Support: Promote peer support networks to reduce isolation.

Tailored Support for Diverse Needs

- Neurodivergent Support: Provide more training for supporting neurodivergent children
- Emotionally Based School Non Attendance (EBSNA): Provide more support and understanding frameworks for young people that are struggling being at school, but want to be there.

Crisis Intervention

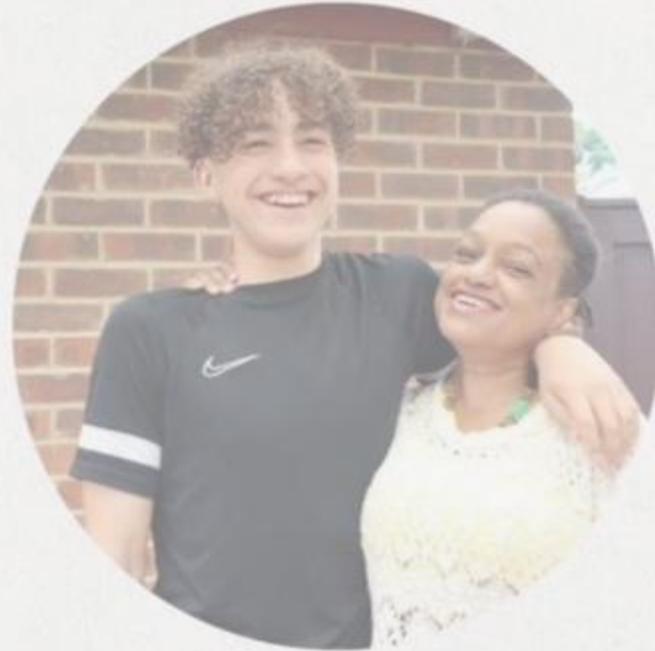
- Timely Support: Ensure effective and timely crisis intervention strategies for all young people to prevent delays in receiving appropriate care.

'Thank you for creating this questionnaire and for putting your efforts into this project. I cannot even begin to imagine the devastation your family has gone through. You are so brave'

'To Ty's mum - I'm so very very very sorry for the loss of your son. Thinking of you and please know you are supported an Ashcombe school mum' x

'You have my upmost sympathy, and I applaud your cause'

'You are incredibly brave and I'm so so sorry your family had to go through the biggest challenge of your life'. 💔



TYLER RAE

'Thank you for raising awareness and being so open about your own personal experience. Such a massive loss. My heart goes out to you and your loved ones'



'Thank you for organising this survey. As a parent and also as a teacher, I think of you often and my heart goes out to you' x

'Thank you & very sorry to read your story. Sending love'

'Again, so sorry for your loss it is really great you are doing work in this space... Thank you for doing this - an amazing thing to do in Ty's memory.'