

Barnet's Children & Young People's MENTAL HEALTH and WELLBEING CHARTER

What mental health means to us:

- It is just as important as physical health
- It is influenced by our own difficult life situations as well as world events
- It is directly affected by unfairness, racism, discrimination, and prejudice
- It is seriously affected by harmful online content and bullying

What supports our mental health:

- To feel that we belong
- To be treated with kindness, consideration, and respect
- To be seen as having strengths as well as difficulties
- To feel safe to talk about our mental health
- To be taken seriously if we say we are struggling
- To know that inequality, racism, and discrimination will not be tolerated

We need Barnet to commit to:

- Making mental health a priority for all children, young people, and families
- Considering mental health when making decisions for our community
- Involving us in making decisions about mental health services
- Calling out and tackling inequality, racism, discrimination, and prejudice.
- Providing accessible, uncomplicated information about when and where to get help
- Making sure that we get the right help from the right people at the right time

- Helping us quickly if we are in crisis
- Supporting us if we need to wait for Mental Health services
- Supporting us to choose life because even one person feeling like there's no way out, is one too many
- Working together so that we only need to tell our story once
- Letting us decide whether we want to be seen in-person or online
- Helping us to protect ourselves on social media
- Creating spaces in our communities where we feel safe to share our minds
- Supporting local community groups to help us feel that we belong

TALK ABOUT IT

Caring for people, our places and the planet

