

# Are we supporting children's mental health needs?



**50%**

of all mental health problems start by the age of 14

**30%**

of 6-16 year olds experienced deterioration of mental health since 2017

**5**

pupils in a class are likely experiencing mental health difficulties

**66%**

said they couldn't get support when they needed it

The probability of children having mental health problems has increased by

**50%**



Things can improve quickly with the right help ▶▶

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# Spot the signs



Look out for signs that indicate a child may be facing problems with mental health.

- ⦿ Withdrawing from friends
- ⦿ Spending more time on their own, or in their room
- ⦿ Difficulties getting to sleep or staying asleep
- ⦿ Having bad dreams or nightmares
- ⦿ Finding it hard to be apart from parents or family
- ⦿ Eating alone
- ⦿ Avoiding certain foods
- ⦿ Getting upset or angry without knowing why
- ⦿ Finding it hard to follow instructions at home or school
- ⦿ Difficulties when there is a change of routine or something unexpected happens

## How we can help

Oxford CBT specialise in services to help children access the support they need faster, leading to improved behaviour, enhanced well-being and better opportunities for pupils to reach their potential.

- ⦿ **Assessments** - start getting support for Autism and ADHD quickly.
- ⦿ **Evidence-based therapy for children** - for a range of anxiety, mood and behaviour difficulties.
- ⦿ **Knowledge sessions** - workshops/ seminars delivered online on topics including general mental health & wellbeing, mindfulness and Autism/ ADHD myth busting.
- ⦿ **Life skills for staff** - help identify, approach, support and signpost students and parents with our Mental Health First Aid Training.

## Get in touch

If you have any questions or concerns, please reach out to us on  
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