

Patterns in the Mental Health and Wellbeing of Children and Young People

Patrymau lechyd a lles Meddyliol
Plant a Phobl Ifanc



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Cymru
Public Health
Wales

Dr Phillip Hill

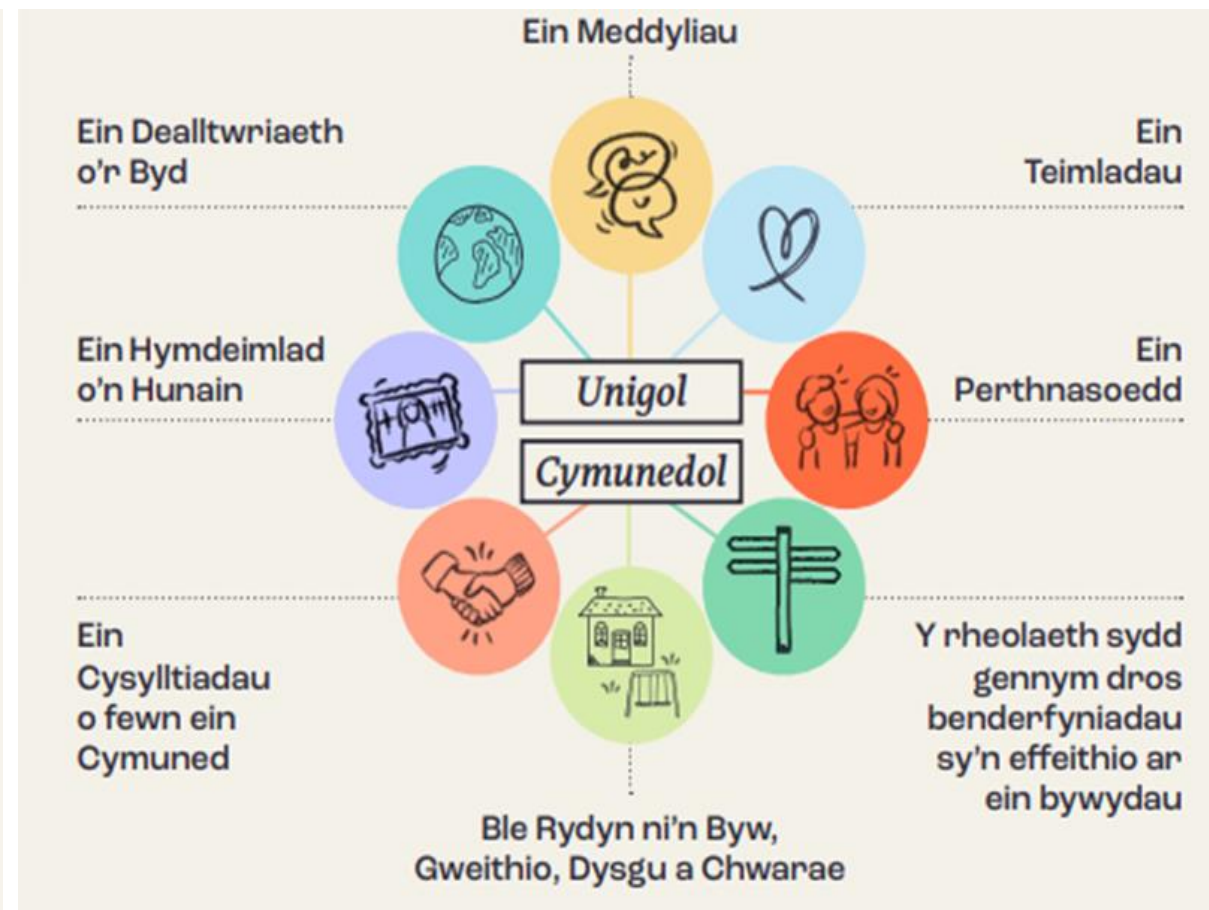
Senior Public Health Practitioner

Uwch Ymarferydd Iechyd Cyhoeddus



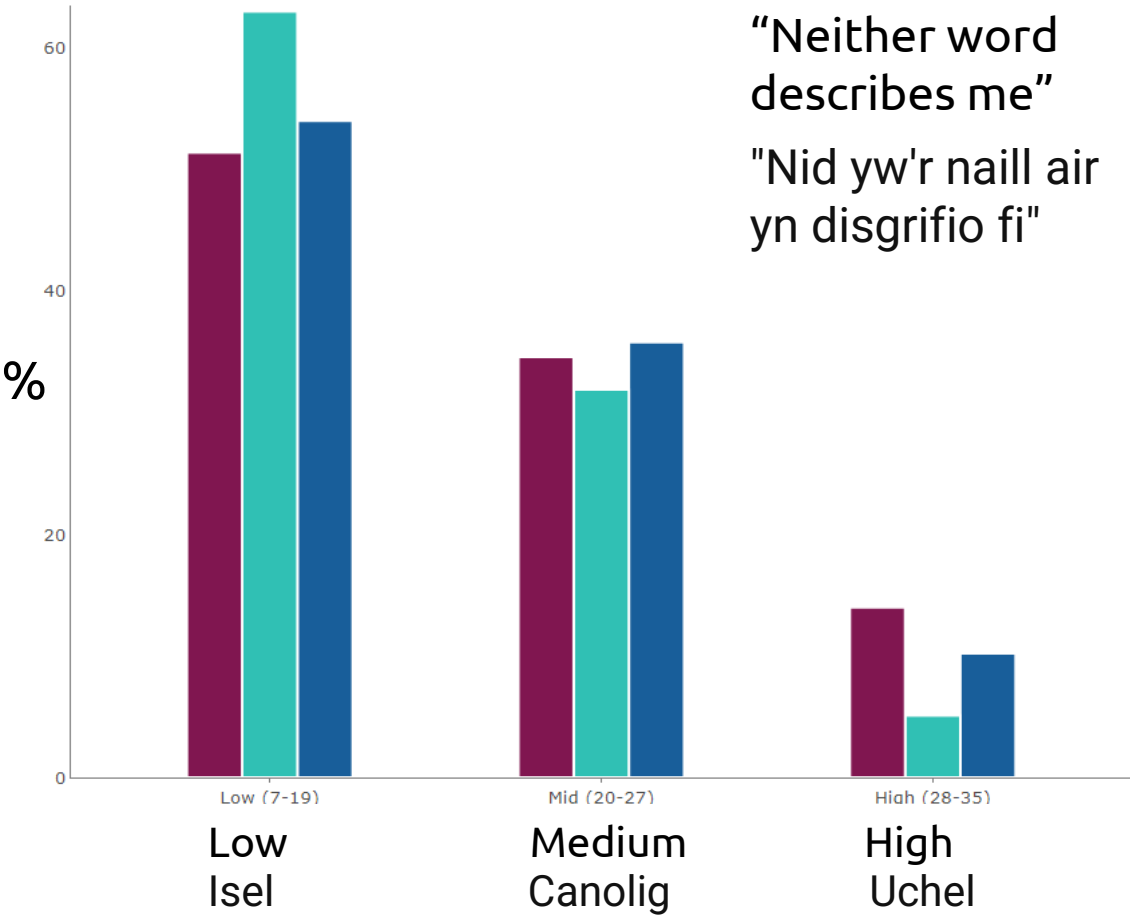
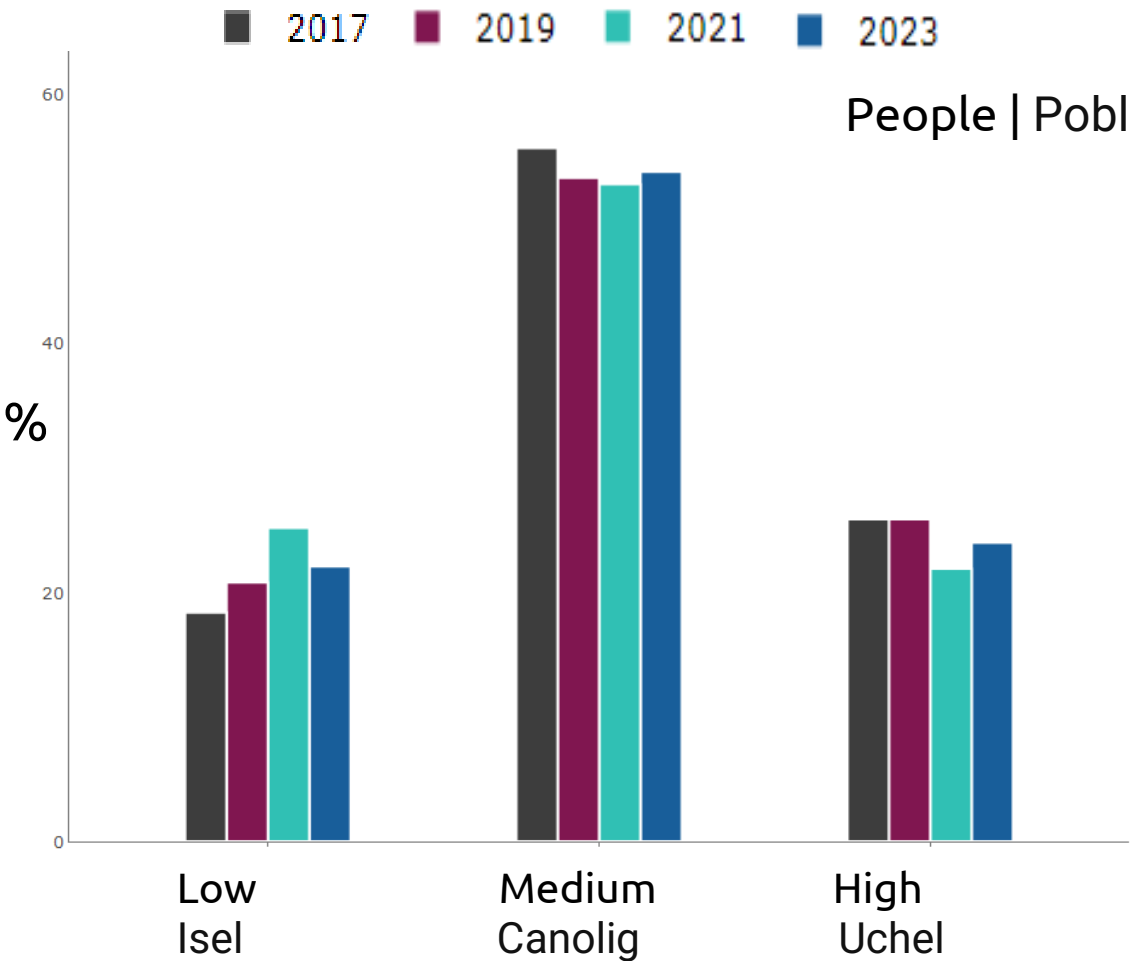
"Happy Place" / "Lle Hapus"





Mental wellbeing, 11-16 year olds, 2019-2023

Lles meddyliol, oedran 11-16, 2019-2023

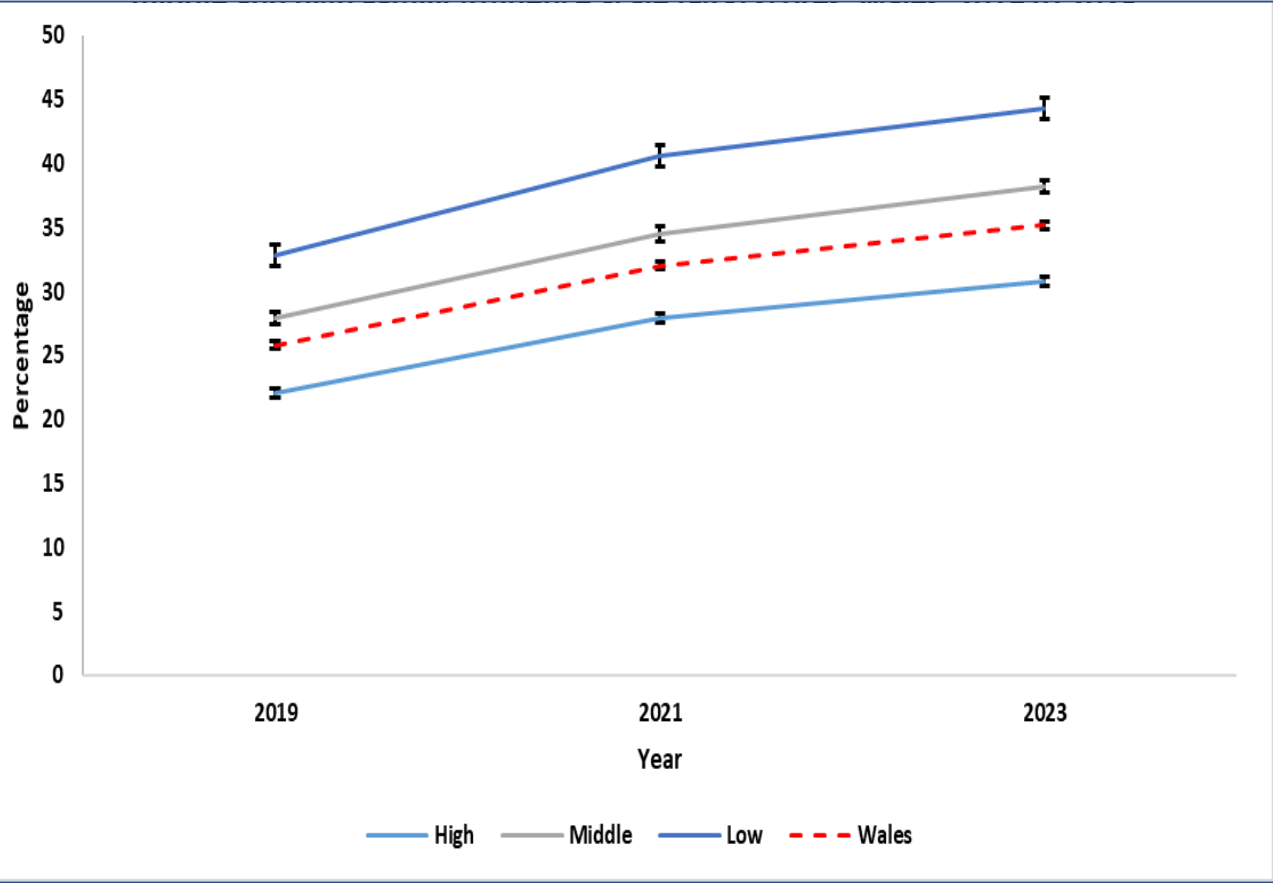


Source: School Health and Wellbeing Survey, Wales 2017-2023

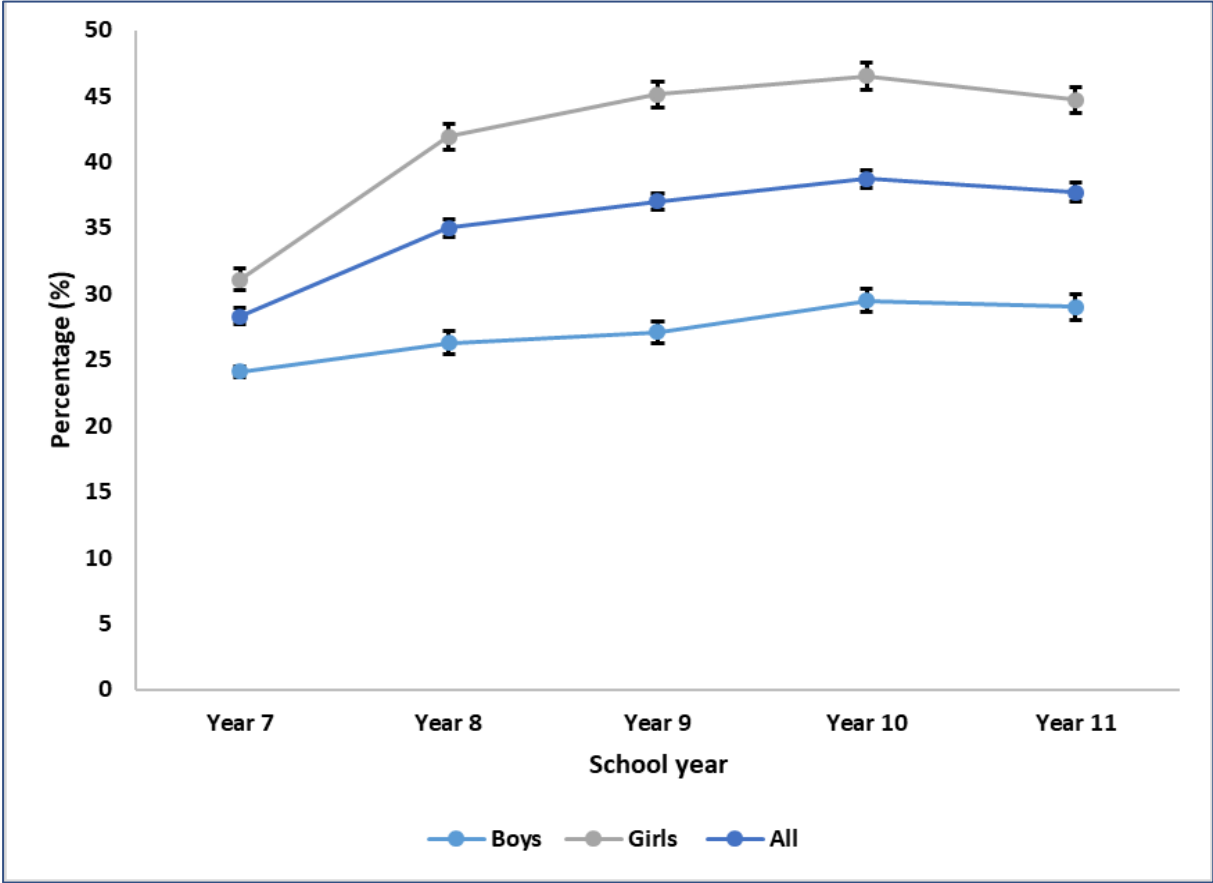
High / very high SDQ-scores (%)

| Sgôr 'SDQ' (%) - Uchel / uchel iawn

Family affluence | Adlifiad teuluol (2023)

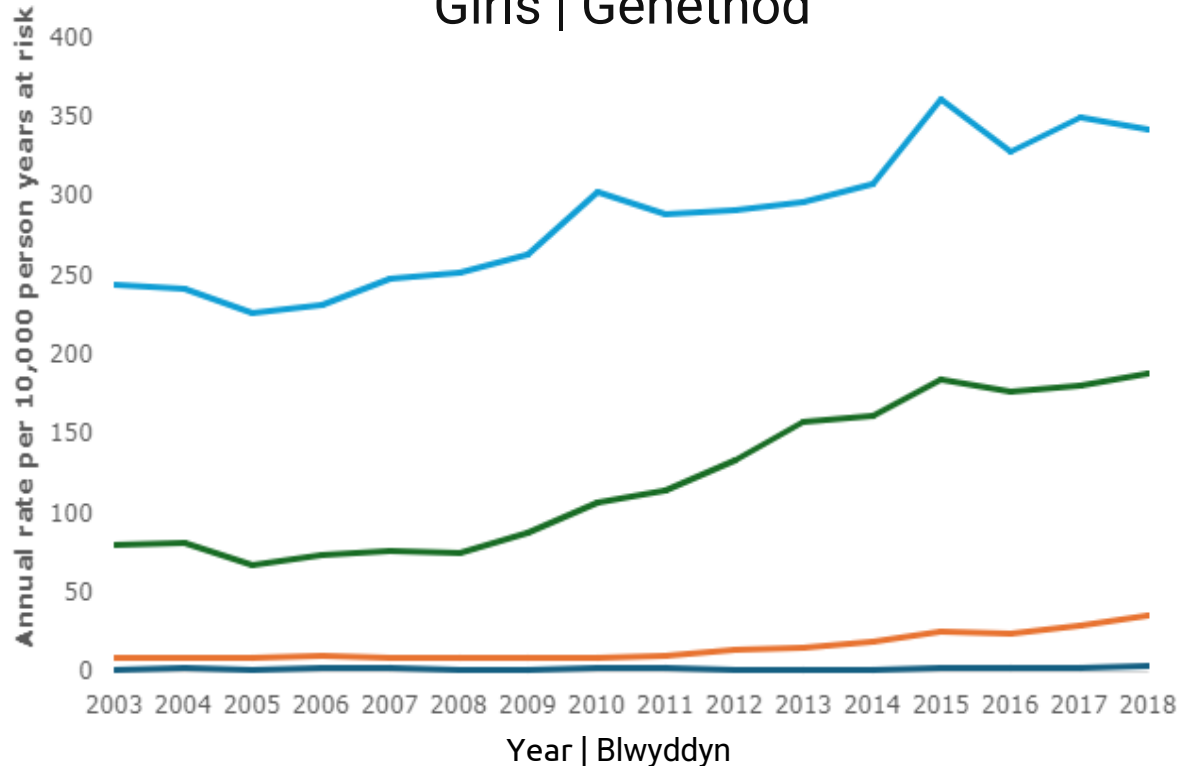


School year | Blwyddyn ysgol (2023)

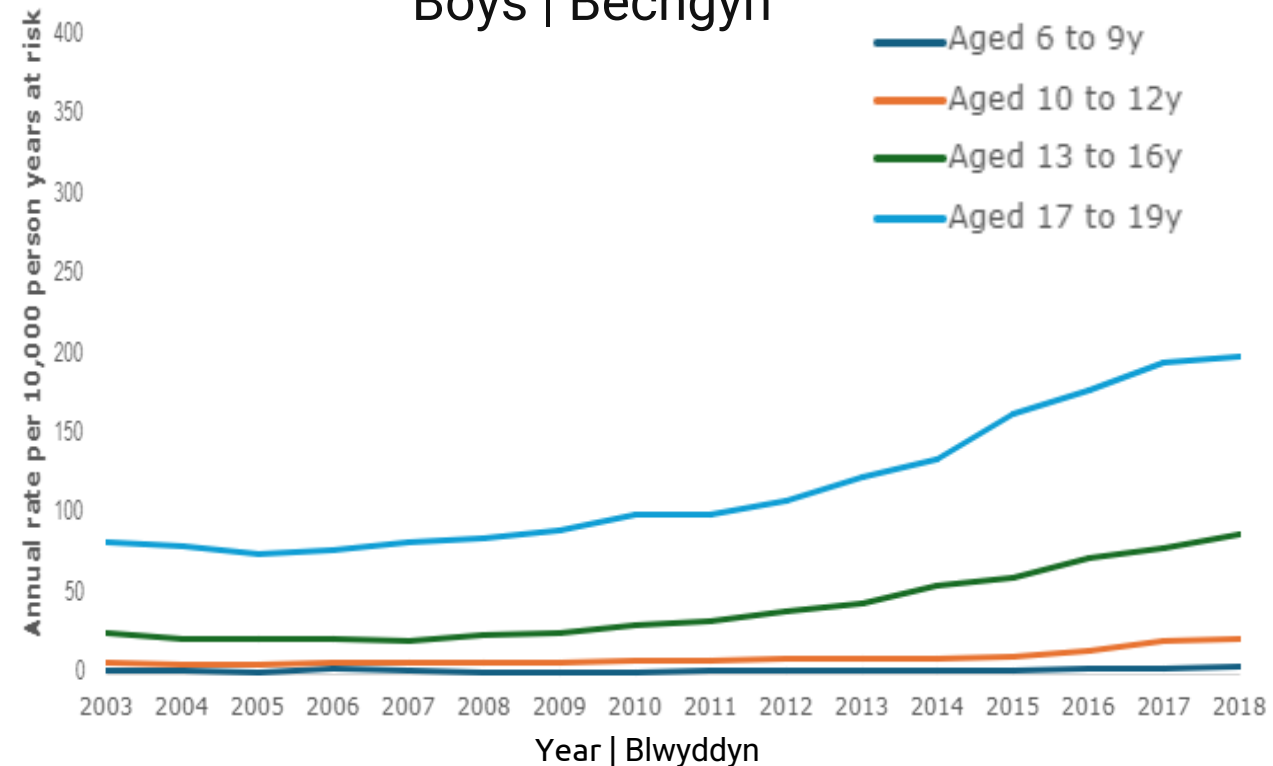


Depression diagnoses | Diagnosis o iselder, 2003-2018

Girls | Genethod

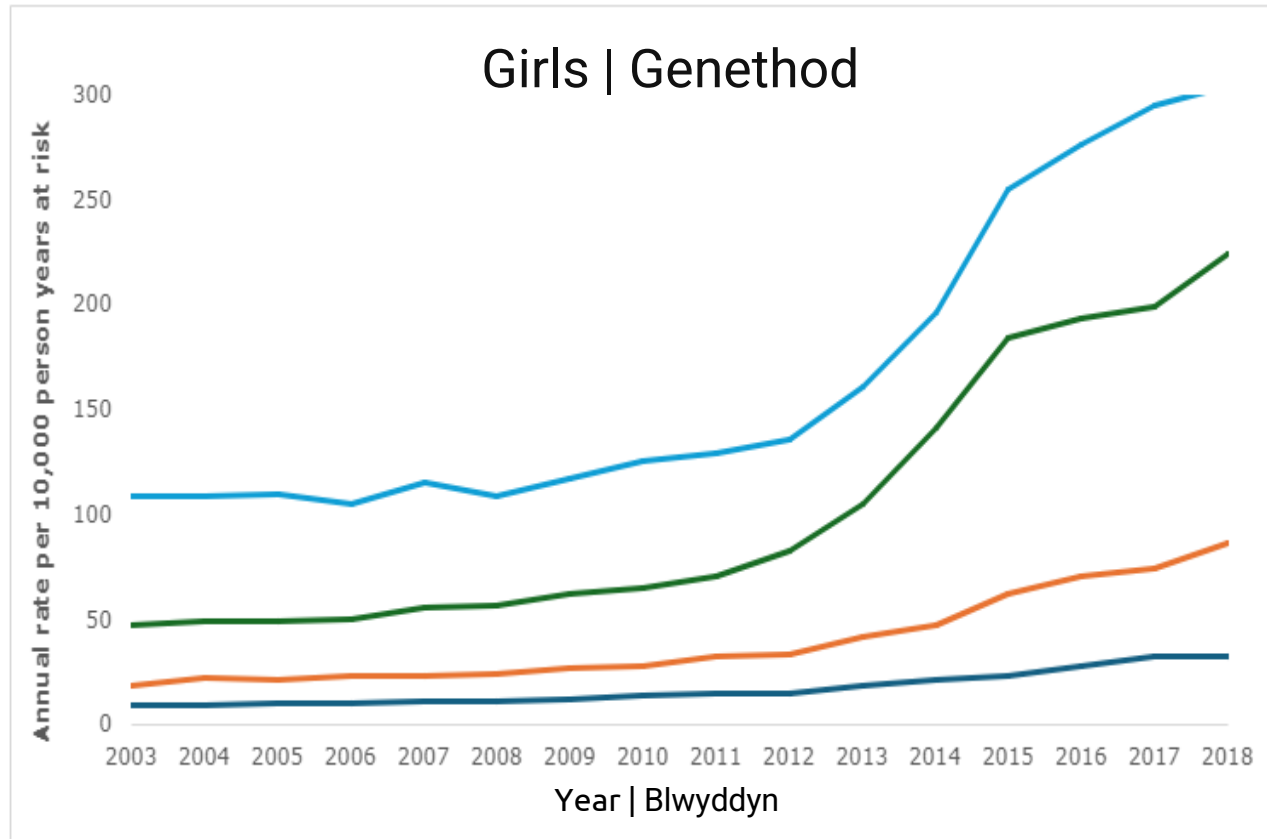


Boys | Bechgyn

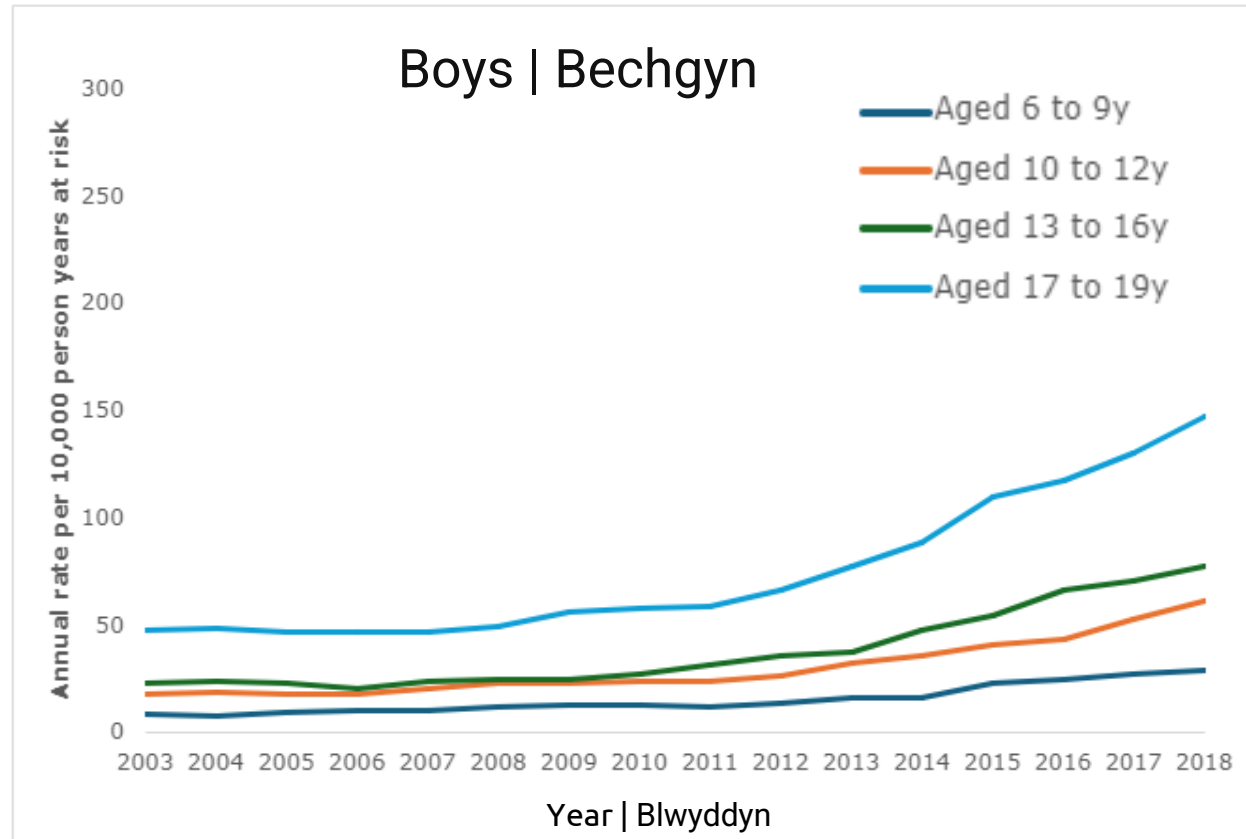


Anxiety diagnoses | Diagnosis gorbryder, 2003-2018

Girls | Genethod



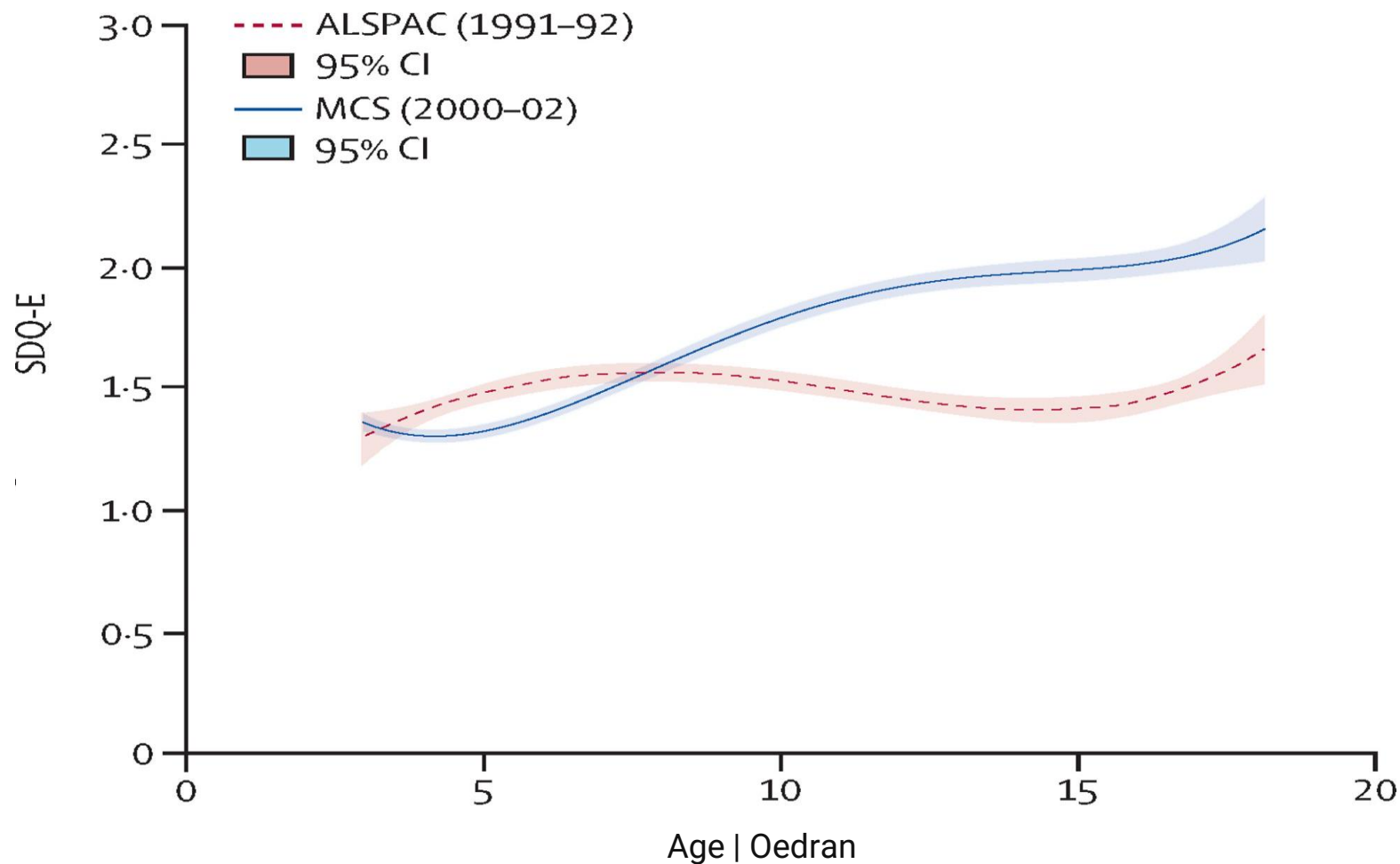
Boys | Bechgyn



Source: Cybulski et al, 2021

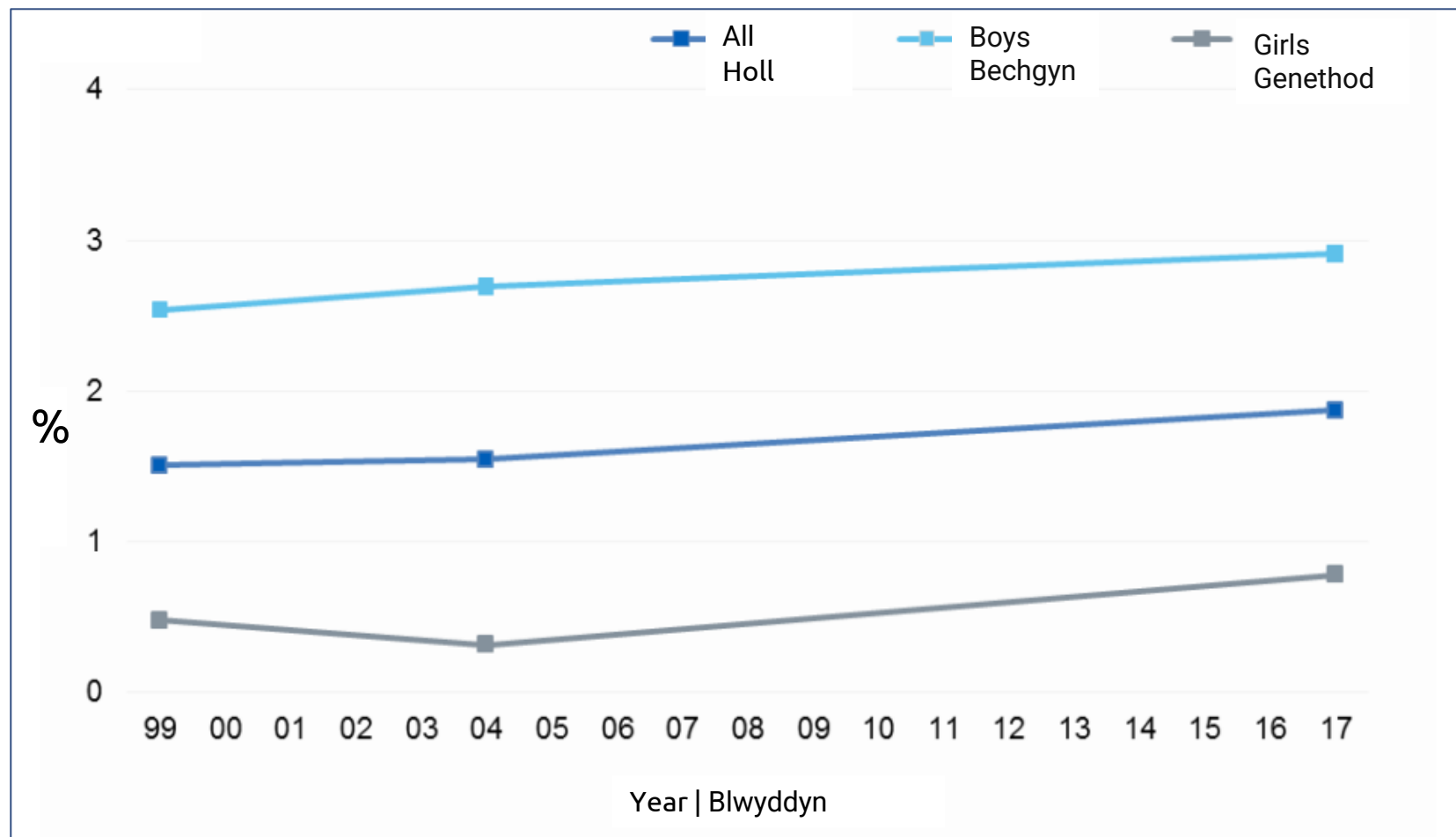
Population cohort studies – Emotional difficulties

Astudiaethau carfan poblogaeth – Anawsterau emosiynol



Source: Armitage et al, 2023

Hyperactivity disorders | Anhwylderau gorfywiogrwydd, 1999, 2004, 2017



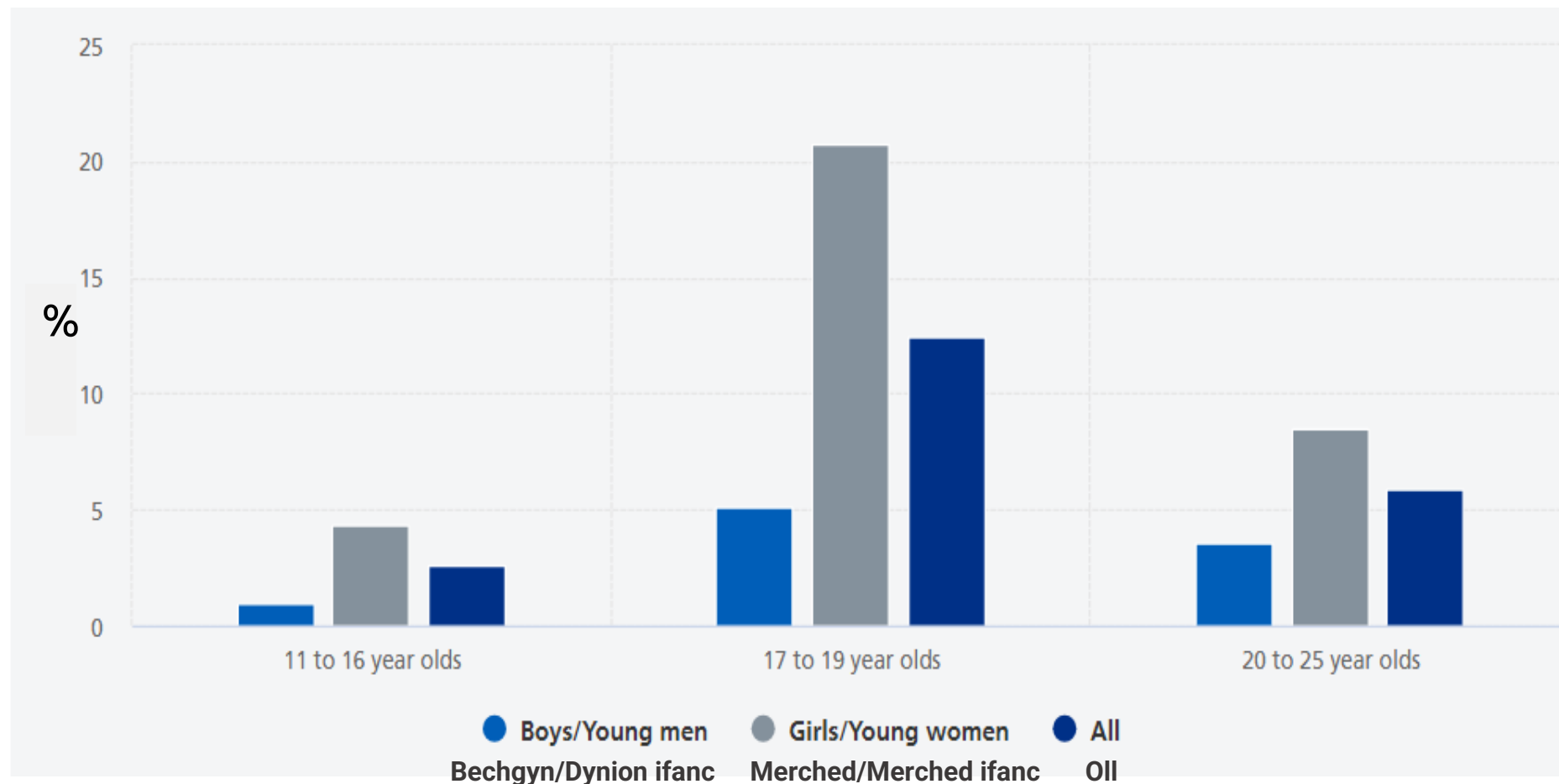
Source: Mental Health of Children and Young People Survey (NHS Digital)



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Eating disorders | Anhwylderau bwyta, 2023



Source: Mental Health of Children and Young People Survey (NHS England)

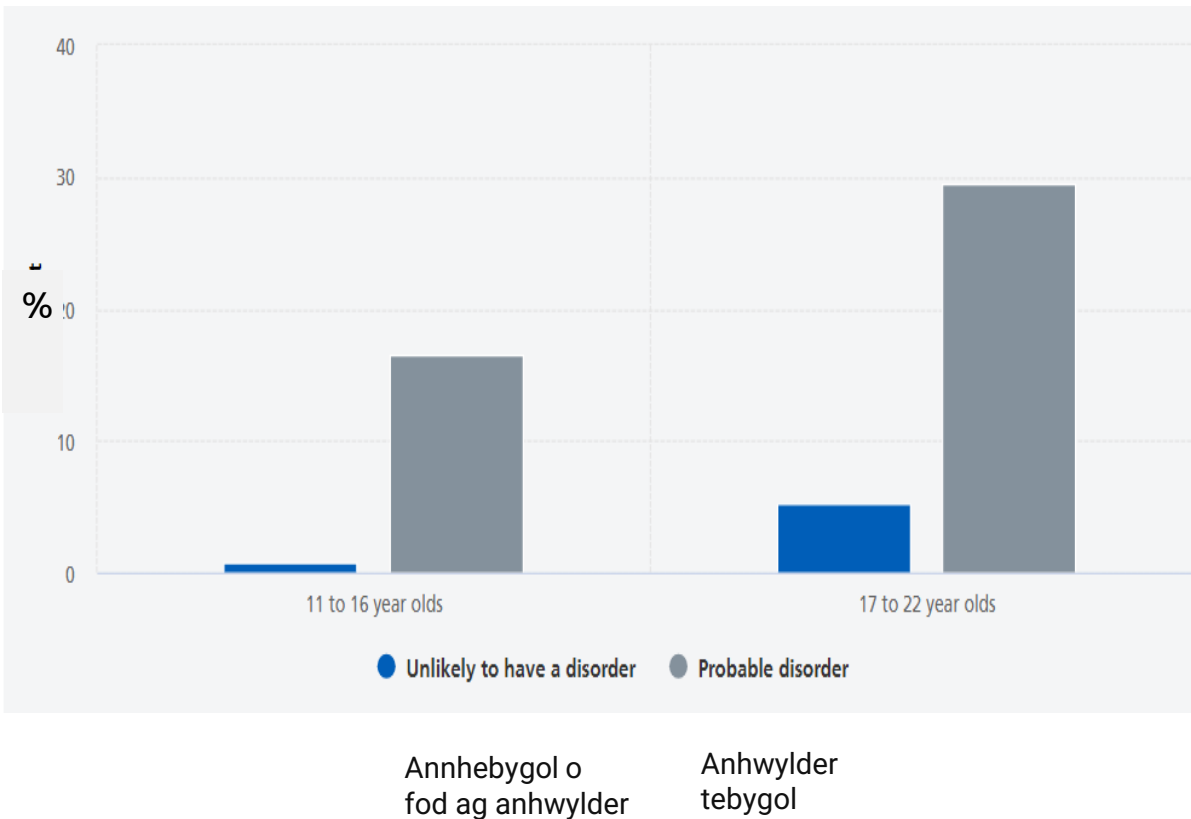


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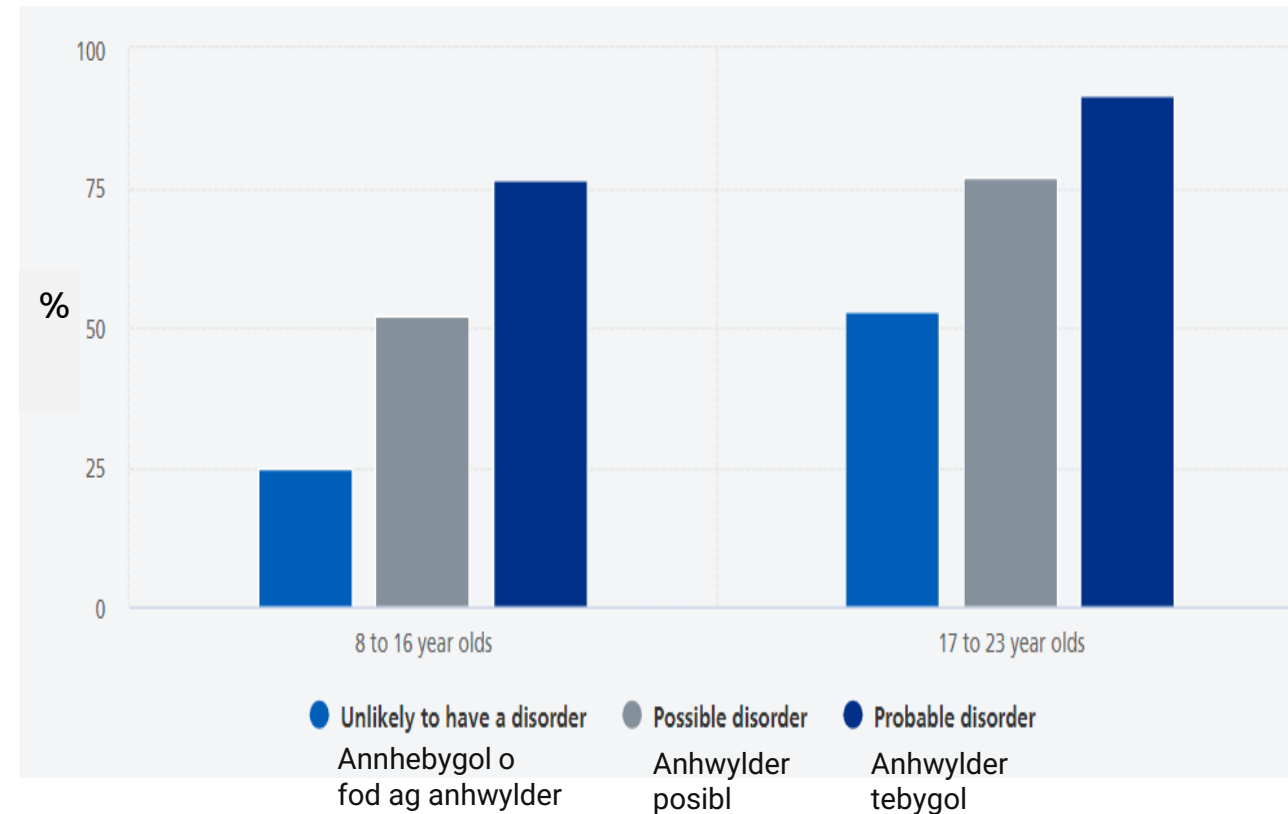
Loneliness (always or often)

Unigrwydd (trwy'r amser neu'n aml)



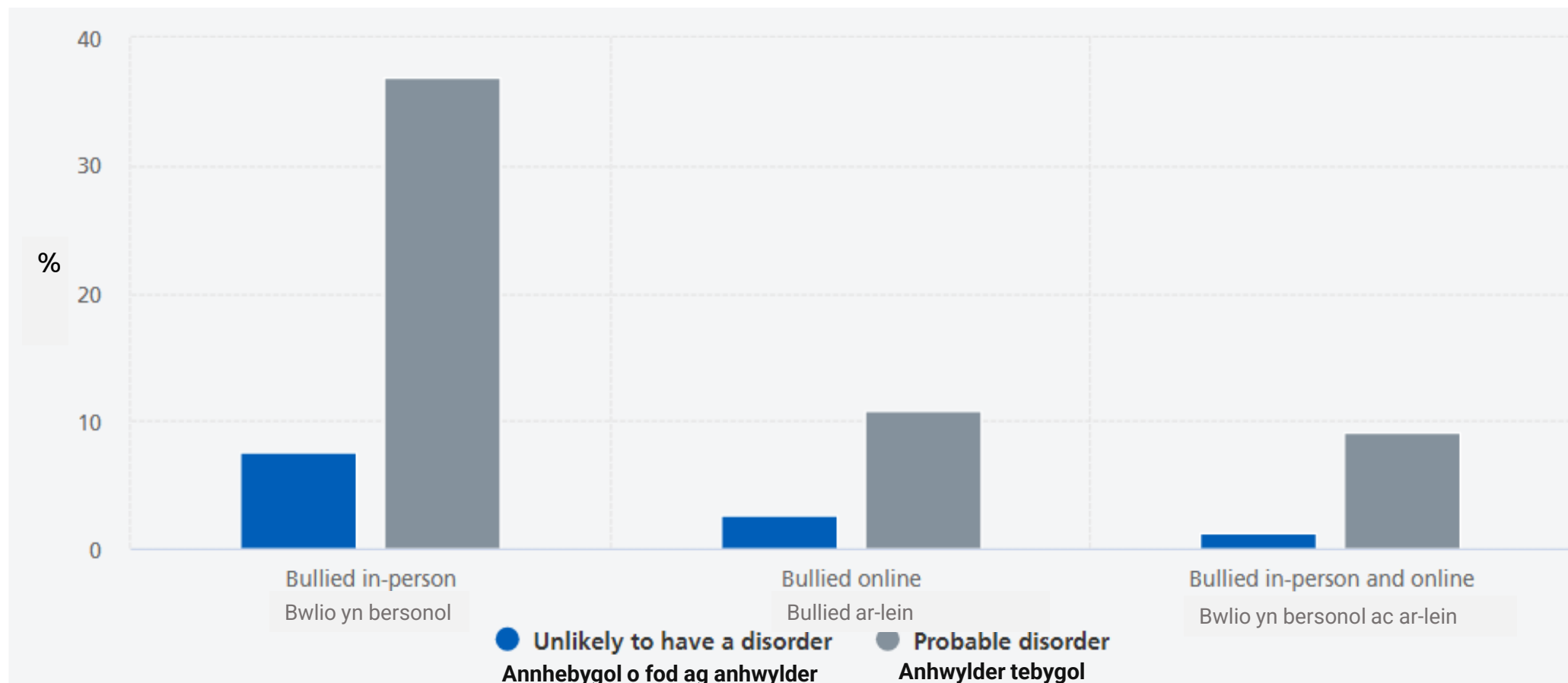
Sleep problems (3 or more time in last 7 nights)

Problemau cysgu (3 gwaith neu fwy yn y 7 noson ddiwethaf)



Source: Mental Health of Children and Young People Survey (NHS England, 2023)

Bullying, 11-16 year olds | Bwlio, pobl ifanc 11-16 oed, 2023



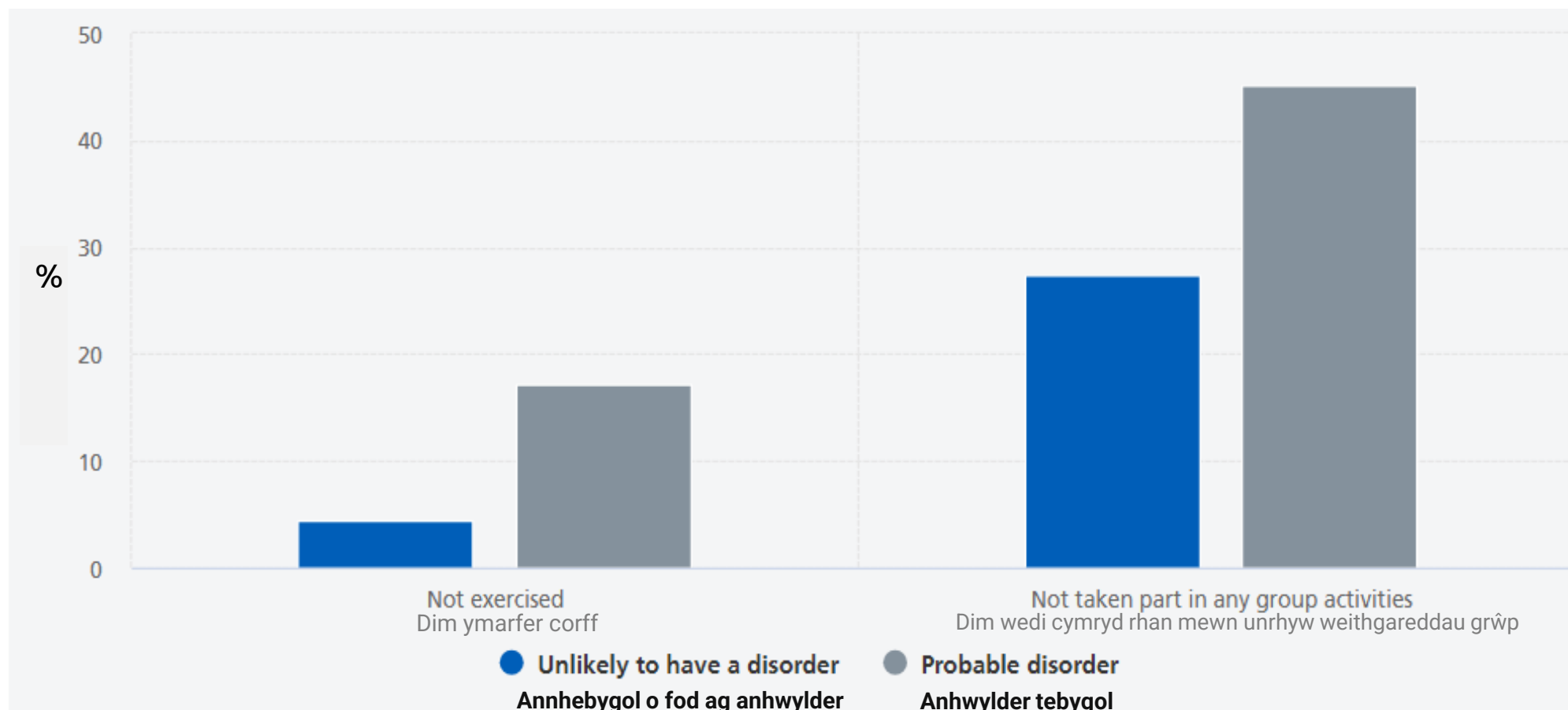
Source: Mental Health of Children and Young People Survey (NHS England, 2023)



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Exercise and group activities | Ymarfer corff a gweithgareddau grŵp 2023



Source: Mental Health of Children and Young People Survey (NHS England, 2023)

Feelings about the future (climate change)

Teimladau am y dyfodol (newid hinsawdd)



Source: Mental Health of Children and Young People Survey (NHS England, 2023)


**ADDYSG CYMRU
EDUCATION WALES**
canhysgwrth ein cenedl | our national mission


 Llywodraeth Cymru
 Welsh Government

Framework on embedding
 a whole-school approach to
 emotional and mental well-being

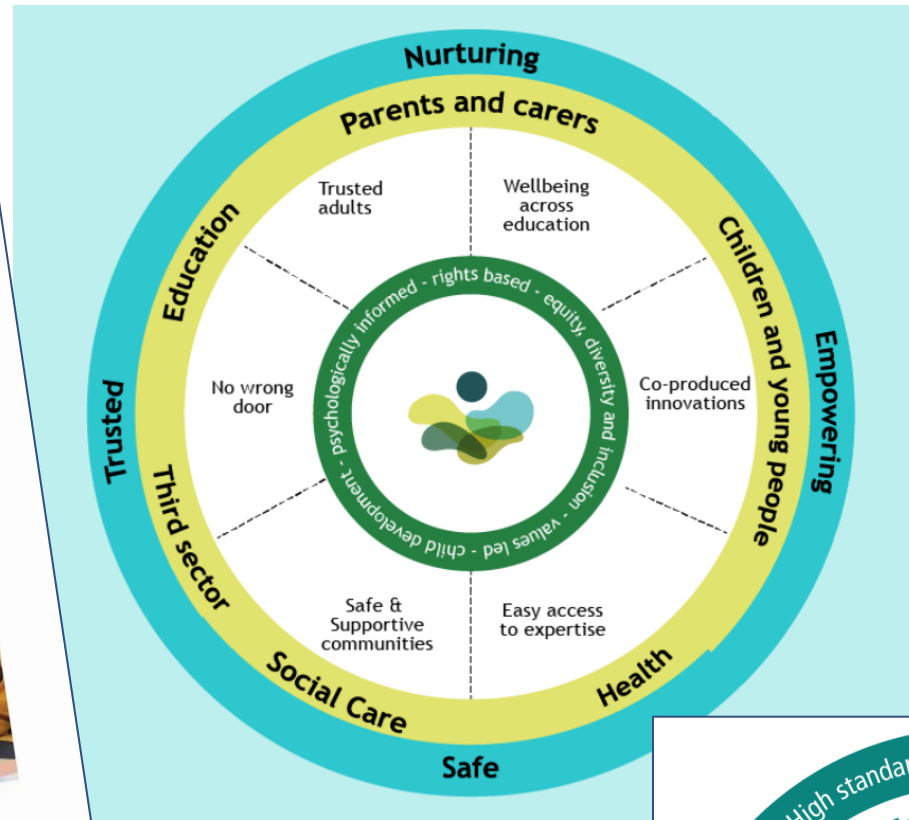


Guidance
 Guidance document
 Date of issue: March 2024-2034

All-Age Mental Health and Wellbeing Strategy

Making sure people in Wales live in communities that promote and support mental health and wellbeing.


 Llywodraeth Cymru
 Welsh Government




**WALES
WITHOUT
VIOLENCE**


Wales Without Violence


A Shared Framework for Preventing Violence among Children and Young People




 Uned Atal Trais
 Violence Prevention Unit



 Strain Traumatig Cymru


 Traumatic Stress Wales


 Hyb ACE Cymru
 ACE Hub Wales

Trauma-Informed Wales:

A Societal Approach to Understanding, Preventing and Supporting the Impacts of Trauma and Adversity

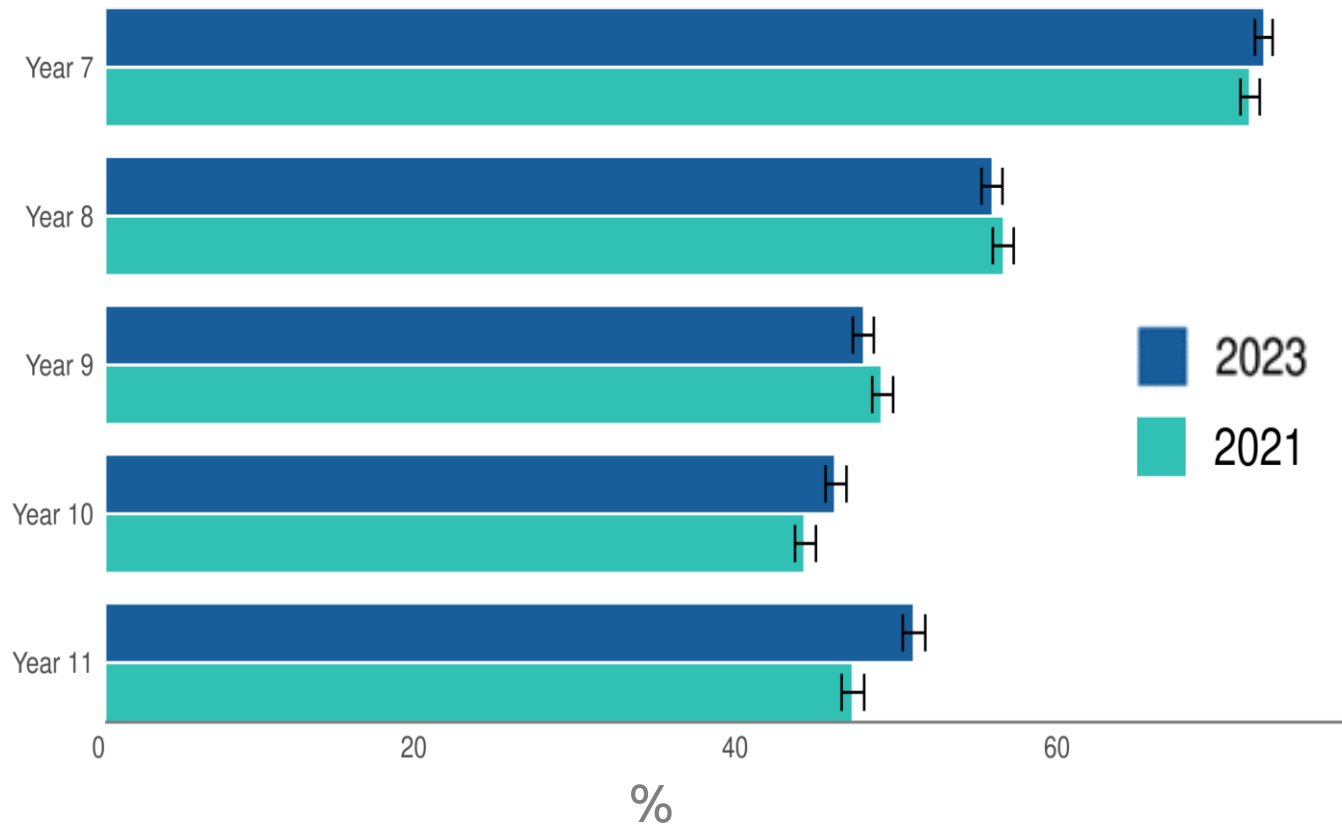


in co-production with people and organisations across Wales and supported by Welsh Government



11-16 year old students feeling that teachers care

Teimlad myfyrwr oedran 11-16 oed fod athrawon yn gofalu



Source: School Health and Wellbeing Survey, Wales 2017-2023



"Open your book, open your mind"
"Agorwch eich llyfr, agorwch eich meddwl"



"Doodle Days" / 'Dyddiau Dwdl'