Waltham Forest Young People's Mental Health Charter

Waltham Forest's young people, schools, services and organisations commit to the following pledges to support the mental health of young people in the Borough.

We Will...

LOCAL AUTHORITY PUBLIC HEALTH
Provide training in Youth Mental Health First Aid for all school staff

SCHOOL & EOTAS NURSING
Make sure that everyone knows us and how we can help

TIME TO CHANGE
We will support young people to not feel ashamed

CAMHS
Deliver specialist mental health care by professionals who can put themselves in young people's shoes, understand how they feel and what they need.

LOCAL AUTHORITY PUBLIC HEALTH
Share good ideas with all schools in the Borough

WALTHAM FOREST COUNCIL LIFE CHANCES PROGRAMME
Provide parents with information to help them better understand and support their children

SCHOOLS
Provide safe spaces in our school for our pupils

CLINICAL COMMISSIONING GROUP & PUBLIC HEALTH
Fund online mental health services

YOUNG ADVISORS
Encourage young people to speak up if they have problems and to share their ideas

YOUNG PEOPLE
Be kind to one another, understanding of those who are struggling and ask for help

SCHOOLS
Work together with mental health experts to help young people

LBWF SPORTS AND LEISURE SERVICES
Provide mental health training to all sports clubs

CLINICAL COMMISSIONING GROUP
Work with everyone to give the right support, in the right place, at the right time

SCHOOLS
Provide lessons, assemblies and activities on mental health throughout the year

WALTHAM FOREST COUNCIL LIFE CHANCES PROGRAMME
Improve young people's chance of having a good life by working with all services & ensuring that young people's ideas are heard

YOUTH MENTAL HEALTH AMBASSADORS
Support and advise services on how best to let young people know about them and how they can help

WE LONDON
Help young people to bring positive change in mental health in their school & community

SCHOOLS
Provide a peer listening or buddying scheme to help with problems

YOUTH HEALTH CHAMPIONS
Listen to young people who have problems and give them information about where to go to get help

CLINICAL COMMISSIONING GROUP
Reduce mental health service waiting times

FORESTMINDS

Waltham Forest