



Spotlight report: children and young people's mental health and wellbeing



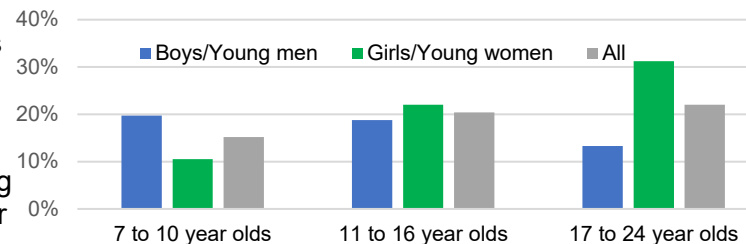
Mental Health of Children and Young People survey

The Mental Health of Children and Young People (MHCYP) survey series provides England's Official Statistics on trends in child mental health. Whilst this does not give information at the North Somerset level it gives a national overview:

As of 2022 some key points...

- 18% of children aged 7 to 16 years, and 22% of young people aged 17 to 23 years were identified with a probable mental disorder. This is an increase across the age groups since the last survey in 2017.
- A higher percentage of children and young people experienced a deterioration in their mental health since 2017 than an improvement.
- In younger children aged 7 to 10 years, the prevalence of a probable mental disorder was nearly twice as high in boys (19.7%) as in girls (10.5%). Rates of a probable mental disorder were similar in boys (18.8%) and girls (22.0%) aged 11 to 16 years.
- In young people aged 17 to 24 years, the pattern was reversed, with much higher rates in young women (31.2%) than young men (13.3%).
- Children and young people with a special educational need or disability (SEND) or long-term health condition were more likely to have a probable mental disorder.

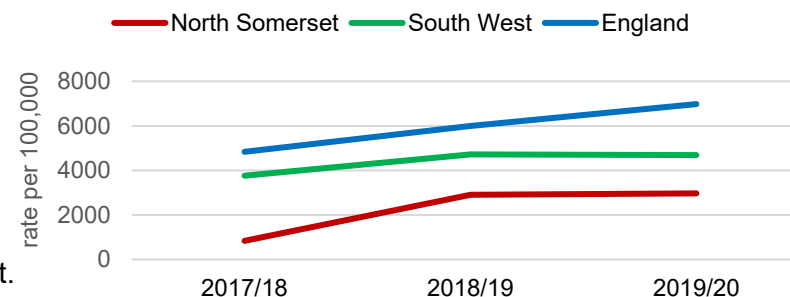
Percentage of children or young people with a probable mental disorder, by age and sex (2022)



Mental health services

There has been a significant increase in new referrals to secondary mental health services (services which generally will need a referral from a GP) in North Somerset for those under 18 years, from 835 per 100,000 in 2017/18 to 2,967 per 100,000 in 2019/20. There have been increases regionally and nationally also though not as significant as in North Somerset.

New referrals to secondary mental health services



Hospital admissions

Hospital admissions due to [mental health conditions](#) for those aged under 18 years as of 2021/22 are significantly higher in North Somerset (268 per 100,000) than regionally (153.6 per 100,000) or nationally (99.8 per 100,000). There has been a significant increase in admissions in the last year with a worsening trend over recent years.

Hospital admissions as a result of self-harm for those [aged 15-19 years](#) have increased over the last decade with a rate in 2021/22 of 808.7 per 100,000 compared to 270 per 100,000 in 2011, significantly higher than the national average. The rate for those [aged 20-24](#) has also seen an increase though not as pronounced with a rate in 2011 of 411.5 per 100,000 increased to 512 per 100,000 in 2021/22. These admissions show a reduction since 2020/21.

Hospital admissions due to substance misuse for those [aged 15-24](#) is higher in North Somerset than regionally or nationally at 108.3 per 100,000 compared to 101.1 regionally and 81.2 nationally based on the latest data (2018/19- 20/21). These admissions show a worsening trend.

Hospital admissions due to alcohol specific conditions for those [under 18](#) are also higher in North Somerset than regionally or nationally at 42 per 100,000 compared to 29.3 nationally based on the latest data (2018/19- 20/21).

See also young people and young people's sexual health spotlight reports.