



Cwm Taf Morgannwg  
Bwrdd Partneriaeth Rhanbarthol | Regional Partnership Board

CHILDREN AND YOUNG PEOPLE PRIORITY AREAS:

# Mental Health

Improve mental health support to children and young people.

We want to improve the mental health and wellbeing of children and young people living in our region, and increase access to support.

We aim to:

- Work together to implement the NEST framework
- Gain a better understanding of the mental health support available to young people, from preventative to specialist
- Improve knowledge of staff and professionals across the region so they can support young people to improve their mental health and wellbeing
- Improve specialist support for children and young people experiencing mental health issues
- Reduce the waiting times for children and families for diagnosis of a neurodevelopmental disorder



## WHAT IS IMPORTANT TO CHILDREN AND YOUNG PEOPLE?

Children and young people would like to access good and coordinated mental health services and support, regardless of where they live in the region.

## WHAT WE WILL DO TOGETHER:

- Implement the NEST/NYST Framework.
- Continue to invest in services to support the emotional wellbeing of Children and Young People.
- Develop and enhance the prevention and early intervention services including loneliness and isolation.

## WHAT DIFFERENCE WILL THIS MAKE?

- Improved mental health and wellbeing of children and young people.
- Increased access to support.



### PEOPLE SAID

The feeling like I'm a little girl again, like I've lost my voice, like I keep adding water to the cup but it's never full, never satisfied. It eats you up and follows you around like a demon."