

Filling the Gaps in Mental Health Support for Young People in North West London

Introduction

The mental health of young people aged 16-25 is a growing concern, with significant gaps between the demand for services and the support provided. Our project aims to assess what works well, identify challenges, and propose improvements for mental health services in North West London.

What Works Well?

- Crisis Support
- Community Initiatives.
- Digital Resources
- Early Intervention Programs

Key Challenges

- Long Waiting Times
- Limited Resources
- Fragmented Services
- Stigma
- Accessibility Issues

Turning Challenges into Opportunities

- Awareness Campaigns
- Professional Collaboration
- Surveys and Feedback

Current Progress

- Improving Digital Services
- Engaging in Workshops for Service Improvement
- Streamlining Referral Processes
- Laying the Foundation for Sustainable Change

Suggestions for the Future

Educational Webinars for Primary Care Providers to increase awareness and sensitivity around mental health issues.

Dedicated Mental Health Follow-Up Sessions for continuous support during the waiting period.

Pathway displaying Commissioned Mental Health Services for Children and Young People in Hounslow:

https://www.hounslowhealthandcare.org/application/files/1016/8924/9182/CYP_Mental_Health_Pathways_and_Services.pdf

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