

Healthwatch Lewisham is the independent champion for people who use health and social care services. We exist to ensure that people are at the heart of care. We listen to what people like about services, and what could be improved and we share their views with those with the power to make change happen.

This report was the result of engagement with **511** children and young people in Lewisham. To access the full report, please visit our website.

Get in touch

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Making Sense of Mental Health 2018-2019

Children and Young People's Wellbeing in the London Borough of Lewisham

Experiences of anxiety and depression

31% felt they had experienced anxiety

1 in 4 felt they had experienced depression

Respect for privacy Options

Good listening
What do CYP value in their services?
 Readily available

Not being listened to Exam stress

Top 5 concerns amongst CYP

Trouble sleeping
 School pressure

Continuity

Top 5 places CYP turn for support

Speak to a teacher

Do nothing
 Family member

Friend Block it out

Stress

