

High quality services for children and young people experiencing common mental health problems are those that provide:

rapid access and short waiting times

+

opportunities to learn practical skills and strategies for self-care

+

individualised support

+

clear and accessible information

+

compassionate and competent staff

+

aftercare planning

... and are those underpinned by:

values that respect confidentiality

engagement and involvement of children and young people at the core

collaborative relationships: with children and young people, families, and other disciplines and agencies

a learning culture

