



FOUNDATIONS FOR OUR FUTURE



What happened?

An independent review of emotional health and wellbeing support for children and young people in Sussex.



Who took part?

More than 1,500 children and young people, their parents, families and carers and professional groups.



Why?

Long waiting lists, services working differently, and many other factors mean young people don't always receive the right support when they need it.



What did the review find out?



How and why children and young people access different services across Sussex



The experiences and impact of children and young people using Sussex services



What works well and what needs to be improved for children, young people and families



How children and young people receive ongoing support for their health and wellbeing

What's next?

The NHS and local authorities across Sussex have committed to working together to improve the experience and lives of all local children and young people who need emotional health and wellbeing support. Our mission is to drive rapid improvements to services across Sussex - making sure that individuals and families experiencing challenges can access support that gives them the best chance of living happier, healthier and more resilient lives.

What needs to be done?



A "radical redesign" of children and young peoples' emotional health and wellbeing services.



Listen and respond to the voices of children, young people and their families.



Improve access and achieve better health and wellbeing outcomes.



Make sure health and care services in Sussex are co-designed by the people who use them.



Ensure investment in services and support, reflects the local need for mental health and wellbeing support.



Improve the accuracy and availability of health and care data to help plan and monitor the quality of services.



Ensure that health and care services are delivered in a more joined-up way.

Help us improve emotional health and wellbeing services in Sussex. Get involved and share your views:

www.sussexhealthandcare.uk/priorities/foundations-for-our-future

Who commissioned the review?



This infographic was produced in partnership with:

