

Young people's  
mental health services



We're in this **together**

Helping **businesses** make  
the difference to mental health

# Young people's mental health is in crisis

Many children today are struggling with their mental health.

Demand for care is high and wait times are often long. This leaves parents feeling helpless, only adding to the pressure they are under.

For working parents, balancing a job and caring for a child with mental health needs can be incredibly tough. That's why we've set out to make change. But we need your help to make the difference.



A quarter of a  
**million**

children are still waiting for mental health support after being referred a year ago.

Children's Commissioner, 2024

**1 in 5**

young people had a probable mental health condition in 2023.

NHS England, 2023

# Healthier teams start at home

As a business owner, you might have already noticed the impact that mental health challenges have had on your team. Some parents may miss work to support their children.

Some will find it hard to focus during the day, feeling pulled in different directions. Many won't find it easy to talk about, which can make it hard to know how to help.

## It can be difficult for parents to talk about what's going on

This can be for fear of judgement, or the affect they think it'll have on their career.

## More than two thirds

of parents with children aged between 9 and 18 have been concerned about their children's mental health in the past two years.

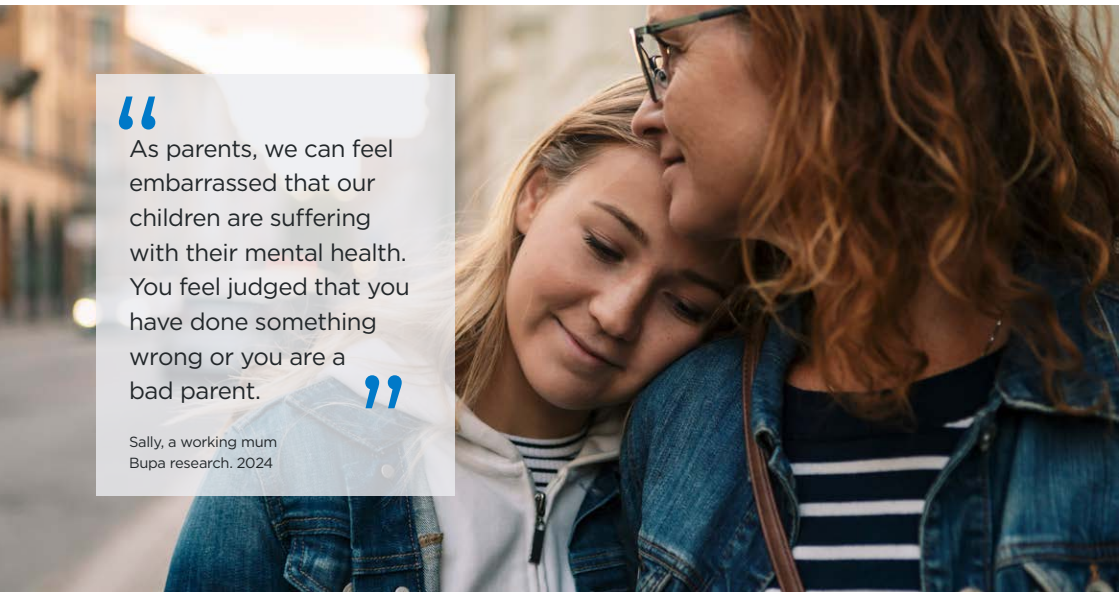
The Morgan Stanley Alliance for Children's mental health. 2023



As parents, we can feel embarrassed that our children are suffering with their mental health. You feel judged that you have done something wrong or you are a bad parent.



Sally, a working mum  
Bupa research. 2024



# It takes all of us to make the difference

Our **Young People's Mental Health Service** gives your employees and their families fast access to expert help. It gives young people the urgent care they need sooner and saves parents from the worrying wait.

By offering this support, you can make a real difference to the lives of your employees and their families. And when parents feel supported, it counts towards a healthier, happier and stronger team.

## We're providing urgent support to families

### We'll aim to treat a young person within 10 working days

We'll half the national target for getting young people the care they need for mental health problems.

### A listening ear when it really matters

Our Family Mental HealthLine nurses are on hand to offer guidance, reassurance and next steps to worried parents.

### Expertly crafted tools and resources

Practical support to guide families towards better mental health.

## How our mental health support works



Parents receive a GP referral for their young person. They can then call us to get their pre-authorisation code.

Parents call us to access our young people's mental health support.

We'll aim to start treatment with 10 days.



# Care when it really counts

Talk to us about how you can help working parents support a **young person's mental health**.

Find out more at [bupa.co.uk/business/supporting-young-peoples-mental-health](https://bupa.co.uk/business/supporting-young-peoples-mental-health)

Because we're in this **together**.

Bupa health insurance is provided by Bupa Insurance Limited. Registered in England and Wales with registration number 3956433. Bupa Insurance Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Arranged and administered by Bupa Insurance Services Limited, which is authorised and regulated by the Financial Conduct Authority. Registered in England and Wales with registration number 3829851. Registered office: 1 Angel Court, London, EC2R 7HJ. © Bupa 2024