

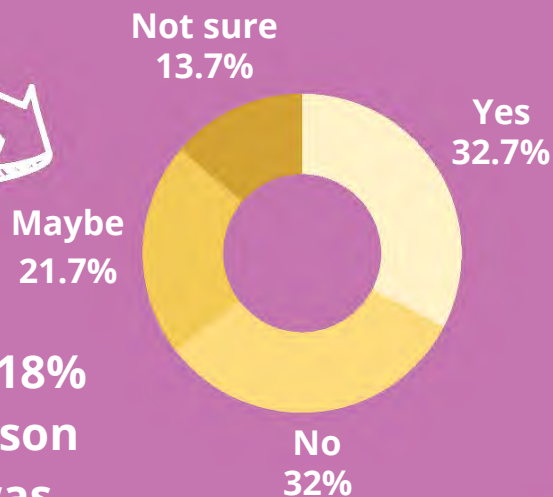
569
responses

DARLINGTON'S YOUTH CABINET HEALTH & WELLBEING SURVEY 2024

Do you feel like you have experienced struggles with your mental health?

Most young people said a trigger to their mental health is school.

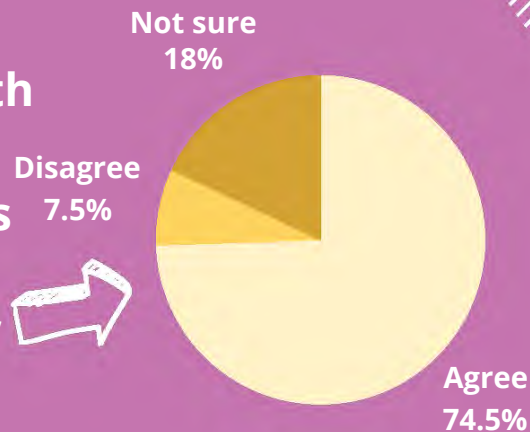
63% of young people felt safe in school, 18% did not, 19% were unsure. The main reason why young people felt safe at school was because of the teachers support.



47% said they thought that mental health was taken seriously in schools, 27% did not and 26% were unsure.

66% think the sports facilities in Darlington are good and nothing extra is needed.

Do you agree with this statement?
"Mental health is as important as physical health."



Have you or someone you know experienced bullying in any capacity?

52%
said yes

36%
said no

Most young people stated that their safe space was at home.

72% said they thought they had a healthy lifestyle, 13% did not and 15% were unsure.



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DARLINGTON'S YOUTH CABINET HEALTH & WELLBEING SURVEY 2024

Are there any sports facilities that are missing that you would like to see?

"Astroturf"

"Free sports"

"Gyms for teenagers"

"Football clubs"

"Rugby"

"More free sessions"

"Variety of different sports"

"Well maintained sports areas"

"Girls only sports"

"Dodgeball"

"More tennis areas"

"Badminton"

"More advertisement of sessions"

What can be done to improve mental health in Darlington?

"Clubs, groups and sessions"

"Being taken more seriously"

"More people to talk to"

"Therapists/counselling"

"Advertisement of support"

"More discussions"

"More education"

"Safe places to go"

"Easier to access support"

How can physical health be improved in Darlington?

"More gyms"

"Affordable/free access"

"More talked about"

"Different clubs/groups"

"Education"

"More fun"

"More advertisement"

"Counselling"

"More opportunities"

"Incentives"

"More funding to NHS"

"School sports"

"Healthy diet & lifestyle"



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HOW CAN WE HELP?

During the evaluation of the surveys, we realised there might be some areas that we can signpost support for those that need it. Below are some programmes, networks and service that might be of interest to you.



Darlington Mind have a range of services and a great team who will listen to you whenever you need a bit of extra support. We are here for you because it's okay not to feel okay.

- 01325 283169 / 07572 888084
- contactus@darlingtonmind.com

The Samaritans logo, consisting of the word 'SAMARITANS' in white, uppercase, sans-serif font on a solid green rectangular background.

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

- 116 123
- jo@samaritans.org

The Childline logo, featuring the word 'childline' in white, lowercase, sans-serif font on a solid blue rectangular background.

A free, private and confidential service where you can talk about anything. We're here for you online, on the phone, anytime.

- 0800 1111

The Kooth logo, featuring the word 'kooth' in a bold, black, lowercase, sans-serif font. The letter 'o' is replaced by a stylized icon of two faces in conversation bubbles.

Free, safe and anonymous place for place for young people to find support and counselling online.

- www.kooth.com/

The Mix logo, featuring the words 'THE MIX' in a bold, sans-serif font. 'THE' is in blue and 'MIX' is in red. Below the text is the tagline 'Essential support for under 25s' in a smaller, black, sans-serif font.

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - talk to us via our online community, on social or our counselling service.

- www.themix.org.uk/



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HOW CAN WE HELP?



This website outline different sessions that are on as well as programmes that can be accessed at the Dolphin Centre and the Eastbourne Sport Complex. There are also a variety of programmes which run over school holidays for young people in receipt of free school meals.

- www.darlington.gov.uk/leisure-and-culture/healthy-darlington/



If you or someone else needs urgent medical care, please call 999. If it is a non-emergency, ring 111 and someone will be able to help you.



The NHS has various pages and bits of information on how to live a healthy lifestyle, eat a balanced diet. exercise and much more.

- www.nhs.uk/live-well/



The Listening Post is a listening and mentoring project that to improve young people's both short-term and long-term emotional well-being.

- Ask someone within your school about accessing The Listening Post.

