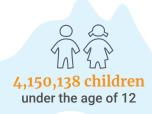
Children in Australia today:

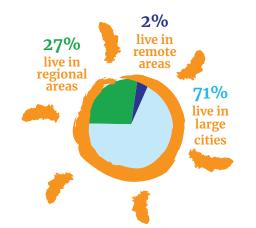




Just over 16% of the Australian population (March 2021)



7 out of 10 of the most common presentations to paediatricians are for mental health.



One study found that 50% of children with mental illness continue to struggle in adulthood;

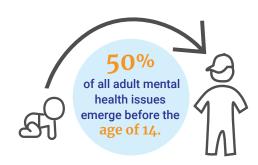


65% of parents in
Australia are not
confident they could
identify the signs of
social or emotional
problems in their children.

66% of parents don't know where to go for help.



Evidence indicates
the first 2000 days
of life are a critical period,
and interventions during
this time can result in
significant improvement
to children's early life experiences,
health and development.





More than 50% of children with mental health issues are not receiving professional support.

The National Children's Mental Health and Wellbeing Strategy



The National Children's Mental Health and Wellbeing Strategy is focused on children from birth to 12 years of age. It makes a plan for how we can help children, their families and their communities to feel their best.

The Strategy talks about all the types of environments children live, learn and play in.

Eight Guiding Principles:



Child-centred

Giving priority to the interests and needs of children.



Strengths-based

All services have a perspective that builds on child and family strengths, to inform a holistic and family-centred approach.



Prevention-focused

Both universal and targeted prevention of mental illness by promoting mental wellbeing.



Equity and access

Ensuring that all children and families have access to health, education and social services.



Universal system

Programs and services are developmentally appropriate, culturally responsive and treat children in the context of families and communities.



Evidence-informed best practice and continuous quality evaluation

The use of data and indicators to create a continuous feedback loop between research and clinical practice.



Early intervention

Early intervention for those in need, while addressing the impacts of trauma and social determinants.



Needs based, not diagnosis driven

Service delivery based on individual needs and reduced focus on requiring a diagnosis to access services.

Four Focus Areas:

- 1. Family and Community
- 3. Education Settings
- 2. The Service System
- 4. Evidence and Evaluation

The National Children's Mental Health and Wellbeing Strategy delivers a framework that outlines the requirements for an effective system of care for children.

This Strategy has been developed with invaluable input from a diverse range of children and young people, in close consultation with industry expertise and the wider Australian community. It aims to provide a long-term vision for how Australia should support the mental health and wellbeing of all children.

