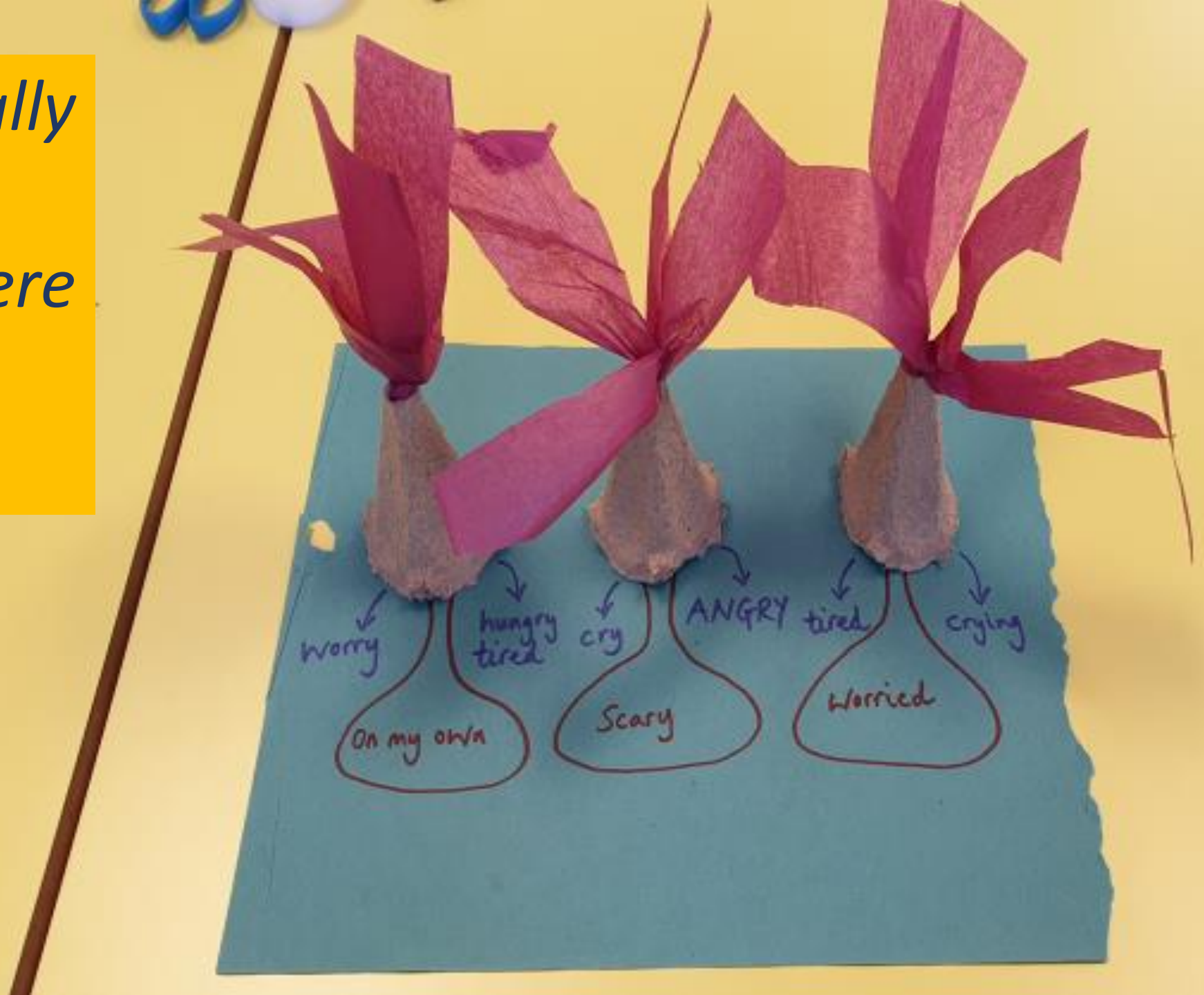
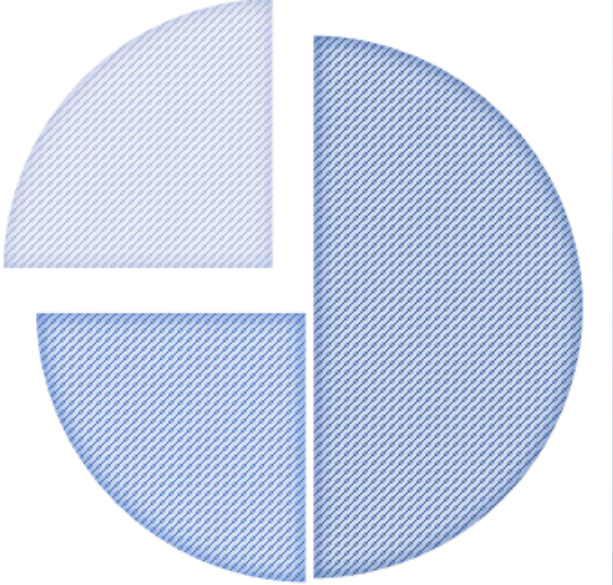


Exploring inequalities in early help - child mental health



“I would actually explode if I didn't come here every Wednesday”





- 75% of mental health problems start before adulthood and 50% of lifetime mental health problems start before the age of 14.
- Almost 1 in 5 children have a diagnosable mental health disorder. That's 6 in every classroom.



- 7 out of 10 children who experience mental health problems are not receiving appropriate help early enough.
- Spending on crisis care continues to rise, yet spending on early intervention has plummeted.

*“...I couldn’t
do what
you do”*

*“...do
children
need it?”*

A real problem

A problem which casts long shadows

An escalating problem

Attrition and perseverance

A painful problem?

Play Therapy & Therapeutic Task

*“Under the dark,
In the cloud,
I’m gonna
shine,
I’m gonna
shine!”*



“Can young children access therapy?”

Building a practice-based evidence base from routine, real-world practice settings.

Since 2019, across over 28,000 cases:

7 out of 10 children show improvement in their mental health and wellbeing following Play Therapy.

This increases to **8 out of 10** for those with the highest level of need at referral.

*A closer look
from the
teacher's
perspective*

Since Sept 2022, teaching staff report that for those children with a higher level of need at the point of referral:

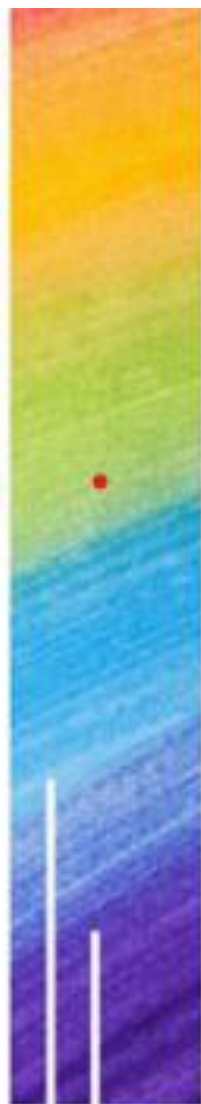
- Social ability and peer relations improved by 36% and 32% respectively,
- Emotional difficulties decreased by 39%,
- Conduct improved by 37%,
- Hyperactivity decreased by 24%

(following PTUK Play Therapy, from 3,126 cases as measured by Goodman SDQ.)



THE POSITIVE EFFECTS OF PLAY THERAPY

THE IMPACT OF PLAY
THERAPY FROM THE
CHILDREN'S PERSPECTIVE





CHILDREN WITH MORE SEVERE DIFFICULTIES REPORTED THEIR LEVEL OF PROBLEMS WITH PEER RELATIONS MOVED FROM **RED** TO **YELLOW** FOLLOWING PLAY THERAPY

From Very High Level Need to Low Level Need



CHILDREN WITH MORE SEVERE DIFFICULTIES REPORTED THEIR LEVEL OF CONDUCT DIFFICULTY MOVED FROM **ORANGE** TO **GREEN** FOLLOWING PLAY THERAPY

From High Level Need to No Mental Health Need



Our vision is a world where all children enjoy a happy, safe and healthy childhood, that enables them to reach their full potential.

