

Briefing: NCPS' Access to Counselling for Every Child Campaign: The Evidence-Based Need for Child-Led, Integrated Mental Health Care

The National Counselling & Psychotherapy Society (NCPS) represents over 16,000 Registered and Accredited professionals. We are committed to promoting **timely, child-led, and equitable mental health support** across educational and primary-healthcare settings, including remote access for marginalised communities and those unable to access school or a fixed location.

Key Objectives

Early Intervention: Advocate for immediate and child-led mental health care, circumventing extended waiting periods which worsen outcomes for young people.

Broad Accessibility: Utilise the UK's existing pool of trained counsellors and psychotherapists to provide essential mental health services in schools, primary care settings, and remotely.

Address the 'Missing Middle': Focus on children who have issues too complex for Children's Wellbeing Practitioners and many MHSTs, but not severe enough for CAMHS, ensuring they receive appropriate, timely care.

Cost-Effectiveness: Leverage an already-trained, self-funded workforce, which leads to significant cost savings for the NHS and Department for Education.

Compelling Considerations

Educational Impact: Immediate mental health interventions can significantly improve educational outcomes, leading to a more prosperous future for children.

Long-Term Savings: Early interventions have the potential to reduce future health and social care costs: a benefit to both the people involved, and society at large.

Increased Efficacy: Child-led, appropriate mental health care shows a marked improvement in therapeutic outcomes, underlining the necessity for choice in therapy.

Why it Matters

To the General Public: A society where children receive timely mental health support is happier, healthier, and more resilient.

To Your Constituents: Effective, child-led mental health services will drastically improve both the emotional and physical wellbeing of young people in your communities.

To the Government: Utilising the existing workforce and focusing on prevention will significantly reduce long-term financial burdens on healthcare systems, and reduce staff turnover and burnout in educational establishments.

To Counsellors & Psychotherapists: The campaign confirms the essential role our members play in child mental health and seeks to expand opportunities for their skills to be employed effectively.

Calls to Action

Endorse the Campaign: Your public support could be the catalyst for vital policy change.

Initiate Parliamentary Dialogue: Champion this cause among your peers for a more detailed policy discussion.

Engage with NCPS and Other Experts: A comprehensive understanding of this initiative's potential benefits is essential for informed decision-making.

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