

# Children and Mental Health Services

Mental ill health is one of the greatest health challenges of this decade for all age groups, with approximately one in four people in the UK experiencing a mental health problem each year; for children and young people, it is

Counselling in schools has been shown to be a highly effective support for tens of thousands of troubled children and young people who are experiencing emotional difficulties. School-based counselling is one of the most prevalent forms of psychological therapy for children and young people in the UK. However, provision is inconsistent and many children in England do not have access to a counsellor in their school – a situation that has failed to be adequately addressed by the Government's proposals in the Green Paper.

Research indicated that school-based counselling is perceived by children and pastoral care staff as a highly accessible, non-stigmatising and effective form of early intervention for reducing psychological distress.

There are a number of ways in which counselling may be used in schools, including to complement and support other services. Couns

All BACP members are bound by the Ethical Framework for the Counselling Professions and within this, the Professional Conduct Procedure.

For further information, please contact [publicaffairs@bacp.co.uk](mailto:publicaffairs@bacp.co.uk)