

MENTAL HEALTH & EMOTIONAL WELLBEING FOR CHILDREN IN NORTH YORKSHIRE ✕

OUR OVERALL VISION

Every child and family deserves to feel safe, loved, and supported. We're here to listen and provide the right support at the right time so everyone can live their best lives

✕ OUR SHARED PRINCIPLES

01. Would this be good enough for my own child, family member or loved one?

02. If not you or us, who? If not now, when?

03. Are we truly working together as one collaborative system?

04. Are we considering the strengths and needs of the whole family?

05. Have we got the right people around this child and family? Who is missing?

MENTAL HEALTH & EMOTIONAL WELLBEING FOR CHILDREN IN NORTH YORKSHIRE ✕ •

GUIDANCE

BACKGROUND

In North Yorkshire, our mission is to build a united, compassionate approach to children's mental health and wellbeing—where voluntary and statutory services work together with the whole community to nurture strong, trusting relationships. We aim to remove barriers, empower local networks, and ensure that every young person is supported through their mental health journey by the right person when they need it.

In 2025, over 100 professionals and young people were consulted to develop culture which can be shared by every organisation in North Yorkshire. This will further opportunities for collaborative working and ensure we are working as one cohesive system.

Our shared culture will give a voice to everyone regardless of organisation, pay grade, or level of experience – we can all work together in the best interests of our children, young people and families.

PRINCIPLES

Our principles underpin the vision. They will be the vehicle for thinking, decision making and challenge.

The aim is for these principles to be used in everyday practice and conversations. Some examples of where they could be used:

- to shape the support a young person is receiving e.g. “if not you, who? If not now, when?” when services are unable to accept a referral.
- Built into commissioning decisions to ensure the system is effective and is not duplicated.
- Built into the terms of reference of any meeting where teams collaborate e.g. “Are we considering the strengths and needs of the whole family?” – are we involving our colleagues in adult services?
- Built into reflective discussions and individual supervisions e.g. “Have we got the right people around this child and family? Who is missing?” when considering discharge – can we involve a community based service?

NEXT STEPS

The goal is for individual groups, services and support to sign up to this vision as a manifesto which will then be displayed on The Go-To website (<https://thegoto.org.uk/>). To sign your organisation up – please scan the below QR code.



By signing up to our vision for children's mental health, you're standing with families, communities, and professionals to champion early support, break down stigma, and build a culture where wellbeing is everyone's priority.