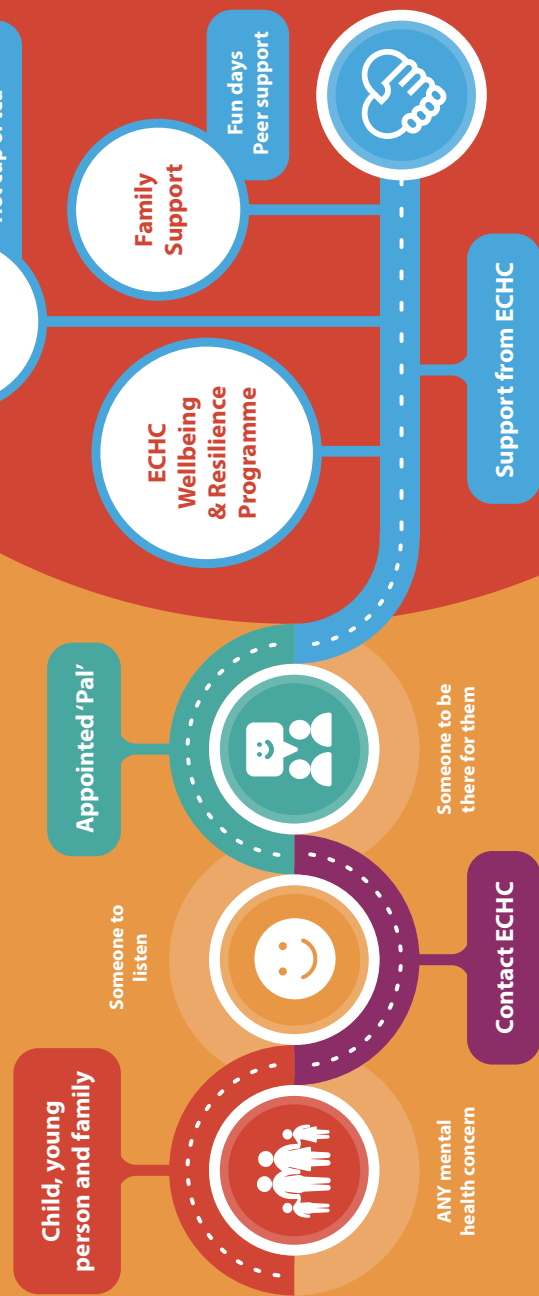


where to turn?



The Haven

How Edinburgh Children's Hospital Charity is tackling the mental health crisis faced by children and young people in Scotland.

In research commissioned for ECHC, families we have spoken to feel that they have nowhere to turn, no one to support their child, and no one to support them. **We believe that this is not right. And we've created a solution to change it.**

The Haven, our pilot drop-in service based in Tranent, was launched in September 2023. It offers a range of creative interventions to support the young person and their extended family helping them along their mental health journey.

The Haven is modelled on our successful Hub which delivers a similar service at Edinburgh's Royal Hospital for Children

and Young People. Here, highly trained staff and volunteers are on hand to support families and their children who feel they have nowhere else to turn.

At its best, it may negate a family's need for future access to medical support, alleviating the pressures on CAMHS.

Once scaled, it could be available to all children and young people with a mental health concern, and their families, in Scotland.

The Haven is succeeding and we are changing lives for the better. But we need to do more. With your help, this is possible.



Edinburgh Children's Hospital Charity
child first, patient second.

To find out more about Edinburgh Children's Hospital Charity, scan the QR code or visit www.echcharity.org
Follow us on social media: @echcharity



Charity No. SC020862

"When it comes to children's mental health, there is no time to wait."

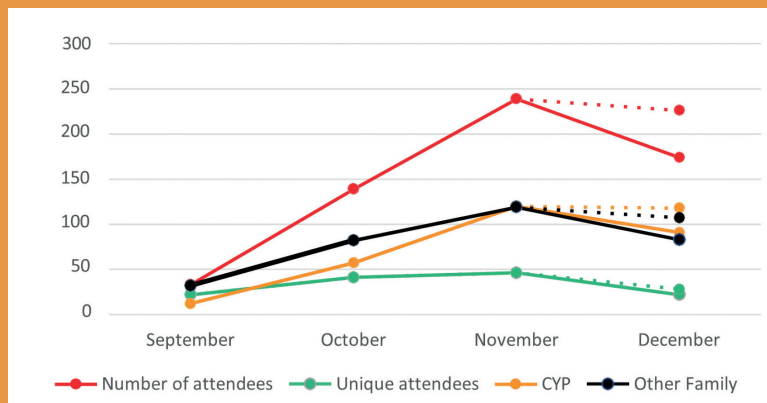
"My child used to be physically and verbally violent towards me, but since coming to The Haven this has stopped."

"This is the first time in a long time I've felt some relief. I've been fighting for such a long time to get them some help."

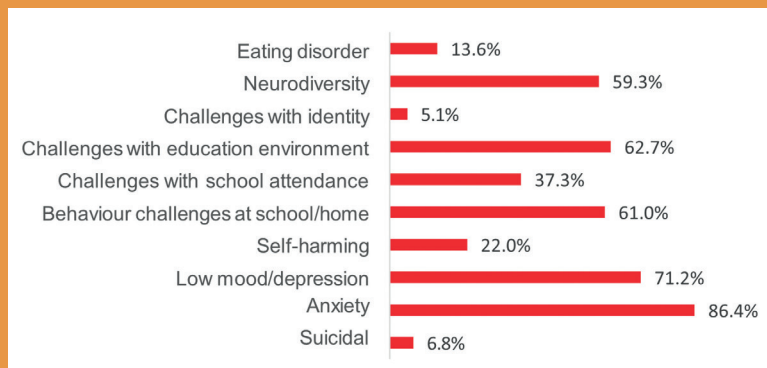
Results to Date

- At this early stage, 52% of people accessing The Haven reported improved mental health throughout or following the session.
- One young person told us they have been able to attend school more regularly.
- Another has felt able to attend The Haven on their own and reported that they are getting more confident.
- Children are returning to The Haven regularly and have shown improvements in being able to regulate themselves.

Attendance at The Haven



Challenges faced by children and young people



Background of those referred to The Haven

The list below details the nature of contact children and young people have had with mental health services at the point of referral:

51%

have had no previous contact with mental health services

17%

are on the CAMHS waiting list

2%

were referred to CAMHS, but did not meet criteria

5%

are still receiving CAMHS support

10%

have had contact with their GP

12%

are known to Tier 2 mental health services

"This has been such a positive experience for our family, and my son is now much happier talking about his feelings."

"I've dealt with quite a few different people and services, and I can quite honestly say that we have never felt as supported as we do at The Haven."

"I've been trying to get help for my child for three years. This service is music to my ears."

"It's so nice to sit and talk and be told it's not just all in my imagination."