

## Exhibit 1

### Factors affecting the mental health and wellbeing of children and young people

Some children and young people are more likely to be affected by poor mental health and wellbeing.



Gender



**44%**

of 15-year-old females in Scotland show signs of emotional problems.<sup>1</sup>

Additional support needs



**36%**

of children and young people with learning disabilities have a diagnosable psychiatric disorder.<sup>2</sup>

Looked after children



**45%**

of looked after children in Scotland aged between 5-17 were assessed as having at least one mental disorder.<sup>3</sup>

Young carers



**33%**

of young carers report problems around eating and self-harming or having suicidal thoughts.<sup>4</sup>

LGBT



**40%**

of LGBT young people consider themselves to have a mental health problem compared with 25 per cent of all young people in Scotland.<sup>5</sup>

Young offenders



**95%**

of 16 to 20-year-olds in custody have at least one mental health problem.<sup>6</sup>

Deprivation



**3x**

Children living in low income households are three times more likely to suffer mental health problems than their more affluent peers.<sup>7</sup>

#### Sources:

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6. *Psychiatric morbidity amongst young offenders in England and Wales*, Lader, D. et al, London: Office for National Statistics, 2000.
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# Mental Health Young People Scotland

**Rosina Ehmann**



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