

# EMOTIONAL AND MENTAL WELLBEING IN CHILDREN AND YOUNG PEOPLE IN BROMLEY

\*1,459 completed this survey

The three most common ways identified to help children stay emotionally well are:

Support and being helped

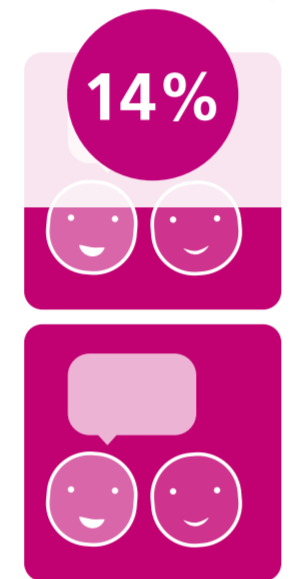
\* of 1,392 respondents



Being cheered up



Talking/listening



Children are most likely to rely on family, friends and parents to help them stay emotionally well.



\* of 1,193 respondents



How do your tools/resources help you cope?

Over 16s are more likely to mention distraction and talking/listening.

+16

-16

Under 16s are slightly more likely to mention cheering me up and being there for me.

\* of 1,009 respondents

When asked which other skills children feel are needed to cope with emotional wellbeing the most common answers were:



\* of 854 respondents

The top 3 tools/resources mentioned by children to help them cope when they are emotionally not well are friends, family and parents



\* of 1,392 respondents

1/4

Around one quarter of children said talking/listening and the provision of support or help are how their tools/resources help them cope.

\* of 1,009 respondents

