

State of Child Health

Emotional health and wellbeing

RCPCH&Us
The voice of children,
young people and families

RCPCH uses information from across the UK to help decision makers improve the health of children & young people. Topics include vaping, safety, oral health, obesity & asthma.

This year, young people created their own priority topic, emotional health & wellbeing, using feedback from 3,500 children to decide what action should be taken across the UK.

RCPCH &Us statistics

3500

children and young
people shared views

4

nations involved
across the UK

7

young reviewers

FOR DECISION MAKERS: WHAT GOOD LOOKS LIKE

- Easy to access help, wherever you live.
- Trusted and skilled people to talk to.
- Places to go for support that are local.
- Help that looks at all parts of my life.
- More funding for services and staff.
- To get involved in creating solutions.

What you can do to help

- **Children and young people:** speak to a trusted adult to get help with your emotional health and wellbeing.
- **Families:** contact services to find out about local help for you and your family and access the Hub of Hope.
- **Staff and services:** talk about emotional health and wellbeing with children and young people. Get their ideas about how to improve things locally.
- **Government:** across the UK, invest in places to go and people to speak with for children and young people, support early help to stop people getting to a crisis point.

Looking for support now? Text SHOUT to 85258

or visit www.hubofhope.co.uk

© 2026 Royal College of Paediatrics and Child Health. Incorporated by Royal Charter and registered as a Charity in England and Wales: 1057744 and in Scotland: SC038299. Contact and_us@rcpch.ac.uk

