

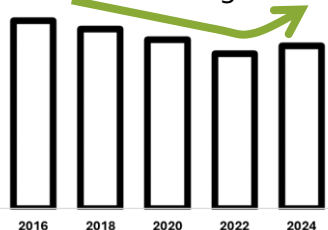
Mental health & Wellbeing

PWS 2024



Full report available – <https://www.gloucestershire.gov.uk/inform/>

Mean WEMWBS* is increasing



Narrowing gap between males and females



Recommended sleep and exercise continue to have a strong link with positive mental wellbeing

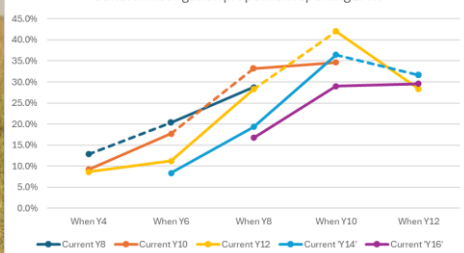


Higher screen time is directly correlated with LMW



Cohort analysis shows the impact of the pandemic and a fall in the LMW peak in Y10

Cohort investigation proportion reporting LMW



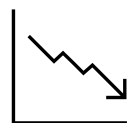
Things going well...



Increase in pupils forming good friendships and feeling safe at home



Happiness, confidence and pride in personal achievements has improved



Pupils worrying about going to school and feeling stressed by schoolwork decreased



Excessive screentime reduced to **1 in 4**

Reported self-harm has reduced



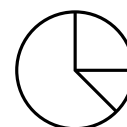
Getting help

1 in 6

Pupils had professional mental health support



Vulnerable pupils were more likely to have support



Helpfulness of support was mixed but **2 in 3** YMM users found the support helpful



Things to work on...



Pupils in independent schools saw a reduction in wellbeing and an increase in self-harm

1 in 2



LGBTQ+ pupils reported LMW

Self-harm initiation is younger



1 in 10

pupils reported an eating disorder

1 in 2

Bullied pupils say it was due to their appearance



Pupils with disability, with SEN/EHCP, and those known to CSC saw a reduction in wellbeing



*WEMWBS – Warwick, Edinburgh Well Being Score, is an internationally used measure of wellbeing. Using the score, wellbeing can be categorised into High, Average and Low mental wellbeing (LMW)