

**mind**

**&**

**body**

Over the last two months more than 1,500 young people in Kent have taken part in a survey about mental health

Here are some of the key findings so far:

Over  
**1/3**



of young people stated that they have thought about hurting themselves

of these

**64%**



said they had felt depressed for 6 or more days in the last month



and

**51%**

said they felt overwhelmed by worries either 'often' or 'all of the time'

**87%**

of young people think that either some, many or most young people their age **self-harm**

**94%** of pupils from grammar schools believe **self-harm** is prevalent

Is this an **over perception** by young people? Or do we underestimate the number of young people who self-harm?

Just under

**2 in 5**

young people have a close friend who has **self-harmed** in the past

and **19%**

have a close friend who is currently **self-harming**



**1 in 4**

young people said that they didn't feel that teachers provide the support that they need

**38%** of young people don't feel safe at school

**12%** of young people have been bullied in the last two months

Initial results suggest grammar school pupils are more likely to be:

**Tired, Depressed, Worried,**

and generally more stressed than young people from mainstream schools.



**42%**

of grammar school pupils reported that they have thought about hurting themselves