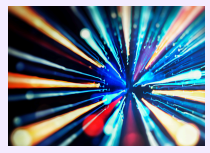
STRENGTHENING MENTAL HEALTH PRACTICE THROUGH CHILDREN'S RIGHTS

1 WHAT WE DID

The module 'Towards Better Outcomes: Reducing Mental Health Inequalities and Helping Prevent Self Harm and Suicide' includes the stories of fictional characters informed by lived and living experience, helping learners reflect on how inequality, trauma, care experience, and adverse childhood experiences shape mental health across the life course. Children's rights were embedded throughout by using The Promise, introducing PANEL principles and including learning on the UNCRC.

2 IMPACT



The module supports the workforce to better understand the connections between inequalities, trauma and mental health, and how a rights-based and trauma-informed approach can improve outcomes.

By embedding children's rights into mainstream mental health learning, NES is helping to build workforce confidence and awareness at scale, supporting more compassionate and preventative approaches to care.

3 UNCRC



This work supports key UNCRC rights, including **Article 24** on the right to the highest attainable standard of health, Article 6 on promoting survival and development, **Article 12** on listening to children and young people, and **Article 39** on recovery from trauma and adverse experiences.

4 GIRFEC

The module aligns with Getting it right for every child (GIRFEC) wellbeing indicators, particularly:

Safe: promoting awareness of risk and early support

Healthy: improving understanding of mental health and wellbeing

Respected: valuing lived experience and reflective practice

Included: addressing inequality and barriers to support

5 THE PROMISE



The module encourages learning about The Promise, supporting trauma informed, relational practice and early support. By building awareness of care experience and adversity, this module helps the workforce better understand how to respond to children and families in a compassionate and supportive way.

6 REFLECTIONS



Embedding children's rights within national workforce learning helps ensure that rights-based and trauma-informed approaches become part of everyday practice. This work strengthens prevention, awareness, and compassionate care across the workforce, supporting better mental health outcomes for children, young people, and families.

MENTAL HEALTH IMPROVEMENT, AND PREVENTION OF SELF-HARM AND SUICIDE
NES NMAHP DIRECTORATE