



We need your help!

All children under 18 living in Ireland have 42 rights under the United Nations (UN) Convention on the Rights of the Child. In 2021 and 2022, the OCO supported 5,515 to share their views with us about life as a child in Ireland. With our Youth Advisory Panel, we prepared a report called *Pieces of Us*. You can see the report, a short video and some of the children's artwork at www.oco.ie/pieces-of-us/. Our Youth Advisory Panel brought this report to Geneva where they met with members of the UN Committee on the Rights of the Child to try to effect change for all children in Ireland.

Why are we surveying a survey about children's mental health and mental health services?

Mental health and mental health services emerged as an issue of great significance in *Pieces of Us*. Children told us about their struggles with their mental health; some of the reasons for these struggles, difficulties in getting mental health services and what was good and bad about these services. Because of the importance of this issue for the children involved, we would like more information about children's assessment of their own mental health, what causes them to experience mental health difficulties, their experience of Child and Adolescent Mental Health Services (CAMHS) and their views on what might help them.

How will we do this?

We are asking children aged 12 to 17 to complete a short online survey about their own mental health, be it good, okay or if they are experiencing difficulties; about what contributes to mental health difficulties, their experience of services and what services and supports they would like to be able to access. The survey contains 13 questions and takes about 5 minutes to complete.

What will we do with the information?

The survey will give us a lot of useful information. We will use this alongside the information we have from the *Pieces of Us* research to build a more complete picture of children's mental health and views on mental health services in Ireland. This will allow the OCO to advocate on a more informed basis for changes to children's mental health services. Please be assured that we are not seeking any information that could identify and individual child, such as name or school.

What are you asking my school/organisation to do?

We are asking that you share our survey with children in your school to ensure that as many children are consulted! You can do this in a number of ways:

1. **Share our survey with children** under the age of 18 that attend your school or service via email.
2. **Share our survey with your student's parent or guardians** via email or classroom app or through your networks so they can encourage their children to complete it.
3. **Share it on your schools/organisations social media channels**, we have provided you with a sample posts.

Link to survey: oco.ie/mental-health-survey

When should my school/organisation do this?

The survey is live today, **24th November 2022** and will be open until midnight, **7th December 2022**. The sooner you can share the survey link the more children we can reach.

Questions?

If you have any questions about the survey, you can email education@oco.ie

Thank you!

We cannot do this work with your support. Thank you for your help to ensure as many children as possible can share their opinions and views!