

# Introduction to the burden basket

## *the* burden basket

*Promoting emotional well-being  
for children, young people and families*



# About the burden basket



**Director: Rachel Rayner**

## Education

- B.Sc (Hons) Psychology (1991-1995)
- MSW Clinical Social Work

## Past Work Experience

- Child & Adolescent Mental Health Services (UK)
- School Social Work (USA)
- HIV Counselling Services (SA)
- Play Therapy (USA)
- Special Needs / EBD residential schools
- Substance misuse services

**What the burden basket offers...**

Training for staff that work with children & young people. This could be in schools, local authority, charities, voluntary sector or other.

## Why?

- Despite the growing mental health issues and awareness of problems there is a nationwide shortage of specialist mental health services.
- Training can help to reduce the gap between need and provision by specialist services helping tier one staff develop knowledge and skills appropriate to their work with children & young people.



# Emotional Well-being Matters

Mental Health issues are increasing and having a greater impact on children & young people than ever before.

- **1 in 10 children** and young people aged 5 - 16 suffer **from a diagnosable mental health disorder** - that is ***three children in every class*** .
- Between 1 in every 12 to 15 children and young people **deliberately** self-harm.
- More than half of all adults with mental health problems were diagnosed in childhood. **Less than half were treated appropriately at the time.**
- Nearly **80,000** children and young people suffer from **severe depression** .
- **60% of children in care** have a mental health disorder  
*these are some of the most vulnerable people in our society*



# Feedback

"This has been an excellent day. There has been clear explanations of the various signs and symptoms and very good advice on strategies that can be used to help the child."

Head Teacher, Nuneaton

"A really good session that was delivered clearly, professionally and in a really friendly way. I feel more confident now in noticing and understanding the issues faced by some of my young people."

UnLtd Young People Project  
Development Manager,  
Birmingham

"I now feel I have a more informed knowledge and understanding of mental health and have gained strategies I feel confident to use when working with children"

Learning Mentor,  
Nottingham

"[I gained] a greater understanding of how children are affected by mental health issues, that it is ok for us to not have all the right answers. Knowing that listening and taking time with children can make a difference"

Teaching Assistant & pastoral Support, Derbyshire

Find out more about how the burden basket could help your organisation promote the emotional wellbeing of children & young people...

Call:  
07962 229 206

EMAIL:  
rachel@burdenbasket.co.uk

Visit  
[www.burdenbasket.co.uk](http://www.burdenbasket.co.uk)

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# Summary...

- **Mental Health matters**
- Children & young people need help and support to manage their troubled lives
- **Adults need training to increase awareness, knowledge & confidence to understand and intervene in the life of a troubled child or young person**
- The burden basket offers professional expertise with 100% positive feedback and all attendees would recommend the training to others

