



New website and app to support children and young people

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A brand new website and an app called Life Central are being launched on 14 October to offer emotional health and wellbeing support for children and young people across North Lincolnshire.

The launch follows World Mental Health Day on 10 October.

The website, www.life-central.org and app will provide children and young people with a range of information and support including eating well, bullying, exam stress, sexual health and internet safety.

Not only is the website for children and young people, it will provide targeted information and support for parents and carers, and professionals.

Life Central aims to:

- Empower young people with the provision of information in a young person friendly format to help them help themselves
- Promote self-esteem, good mental wellbeing and resilience and identify positive action to support good mental health and well being
- Offer advice and support to prevent mental health problems from becoming deep-rooted and arising by taking early action with children and young people and empowering parents, carers and professionals
- Help with early identification so children and young people are supported as soon as problems happen to prevent more serious problems developing
- Increase the awareness of mental health issues to address myths and stigma
- Signpost children and young people, and their families to the right services
- Provide a go-to resource for parents and carers to support their understanding of mental health and wellbeing of their children, offering reassurance about what to expect as their children grow

Life Central is a joint initiative between North Lincolnshire Council and North Lincolnshire Clinical Commissioning Group (CCG), and is part of a wider children's mental health transformation programme.

Research shows that nationally 50 per cent of mental health problems are established by aged 14 and 75 per cent by aged 24 with 20 per cent of adolescents likely to experience a mental health problem in any given year.

Cllr David Rose, cabinet member for Children, Families and Learning, said:

“We have listened to children and young peoples’ views in North Lincolnshire, which is why Life Central has been created. They told us that good emotional health and wellbeing is important to them and would like to be provided with clear information to understand issues of emotional wellbeing and mental health.

“Emotional health and wellbeing can often be a subject that is avoided, which is down to a lack of understanding and awareness. We want our children and young people in North Lincolnshire to be able to talk about their emotional health and wellbeing, and know where to go for support if they need it.

“Life Central provides a range of information on a variety of topics, which can be updated to meet the needs of those using it. Parents, carers and professionals will feel more confident in talking to young people about emotional and mental health and will also be able to use the website to ensure they are offering the right support for children and young people.”