

# Unmet Mental Health Needs in Primary-Aged Children

## Executive Summary



*Cherwell*

DISTRICT COUNCIL  
NORTH OXFORDSHIRE

Oxfordshire Mind prepared two surveys of the mental health and wellbeing needs of primary school aged children that were completed by 31 schools and 215 parents/carers respectively.

## Key findings

- 41% of parents/carers who responded indicated that their child had a current mental health or wellbeing concern.
- Years 4 and 5 were highlighted as most likely to be facing challenges.
- Stress and/or anxious feelings were reported as the biggest mental health and wellbeing challenge for children by both parents/carers and school staff.
- There was a widespread preference for a support offer blending whole-class and 1-1 support for mental wellbeing.
- The majority of school staff who responded reported feeling that they only “to some extent” have the training they need to support pupils with wellbeing issues.
- Parents generally reported high levels of confidence that they would know who to talk to if they had a worry, but less confidence that their child would know who to talk to.

## Recommendations for next steps

- Priorities for support identified by school staff, parents/carers and Oxfordshire Mind staff alike were:
  - ✓ Increased access to training around neurodiverse conditions and emotional regulation.
  - ✓ Support schools to embed emotional literacy into PSHE lessons and classroom practice.
  - ✓ Fund a blended support model combining 1:1 sessions, whole-class workshops, and family engagement.
  - ✓ Improve communication with parents about available mental health support in schools.

