

## The Children's Society is the charity St Michael's regularly supports over Christmas

For many of us, Christmas is a time of coming together, of reconnection – and of huge anticipation. But while many children are writing Christmas wish lists, looking forward to seeing Father Christmas, and counting down the days until they celebrate with friends and family, far too many are struggling. Isolated and alone. Scared and unhappy. They're waiting simply to be heard.

1 in 6 children are likely to have a mental health condition and 52% of 17 to 23 year olds have experienced mental health getting worse in the last five years. Only a third of young people with a mental health condition can access NHS care when they need it.

*The Children's Society* is there for those who can't access mental health services and are at a high risk of developing a mental health condition if they don't get the support they need. For many, our services are the only places they have to talk to about their problems. We also campaign to make sure young people are listened to and that their wellbeing is top of the Government's agenda.



As a society, we're 'missing' too many children and young people. Children cannot afford to wait for professional support and are being left to struggle alone. In pain, isolated. Desperate to be heard, to be supported, to be helped. This Christmas, children can't wait any longer.

Christmas should be a time of connectedness and joy. We have the power to take immediate action for children today, so that every one of them can receive vital mental health support when they need it. Will you join us?

### How you can help?

■ Sign our virtual wall: will you support young people facing mental health challenges by adding your name?

<https://act.childrenssociety.org.uk/page/137290>

■ Attend the Christingle Service

on Sunday 17 December at 3:30pm (particularly suitable for families with young children)



■ Make a donation at the service, or by putting cash/cheque in an envelope, marking for '*The Children's Society*' and give to Emma Hodge or Janet Rogers.

**GIVE HOPE**

You can also *Give Hope*: by donating a gift from the online store, you'll support a young person who is struggling.

<https://givehope.uk/shop>

■ Join the choir Carol Singing around the streets on Monday 18 December, (meeting place TBC), at 6:30pm and finishing with hot drinks at 8:00pm.

Children welcome, and we need people to collect as well as singers.



Find out more about the work of *The Children's Society* at: <http://www.childrenssociety.org.uk/>

On behalf of all the young people that inspire our work, "*Thank you for all your support.*"



Janet Rogers,  
Volunteer Speaker,  
*The Children's Society*