



Anna Freud
National Centre for
Children and Families

Transforming child and family mental health

About our charity

Our vision is a world in which children, young people and their families are effectively supported to build on their strengths and achieve their goals in life.

Anna Freud National Centre for Children and Families (AFNCCF) has been pioneering better mental health care for over 65 years.

We are the only children's mental health charity to combine research and innovation, clinical practice, and training and dissemination to improve the quality, accessibility and effectiveness of mental health provision for children and young people in the United Kingdom. We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.

AFNCCF believes it is in the best interests of children, young people and their families to be non-competitive and create partnerships across voluntary, academic, statutory and corporate sectors wherever appropriate and effective. AFNCCF actively seeks out partner organisations, often to deliver the AFNCCF's innovative research, practices and services nationally for the benefit of the greatest number of service users. Partnerships with our supporters are also vital: we can only deliver our life-changing projects, and transform thousands of lives, with their generous support and collaboration.

Your support could mean a brighter future for thousands of children across the UK and would be invaluable to achieving our vision. Please contact **Jenny Ricketts** for further information, jenny.ricketts@annafreud.org, and visit our website annafreud.org.

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Our Patron: Her Royal Highness The Duchess of Cambridge

The Anna Freud Centre, operating as Anna Freud National Centre for Children and Families is a registered charity number 1077106 and company limited by guarantee, number 03819888.



Registered with
**FUNDRAISING
REGULATOR**



2.2 million

(est.) children aged 5-16 are suffering from poor mental health

75%

of mental health problems start before the age of 18

87%

of us will be affected by mental ill-health at some point in our lives

only 1 in 4

children and young people who need treatment for a mental health problem are able to access it

£105.2 billion

is the estimated cost of mental ill-health every year in England alone

less than 1%

of the UK NHS budget is spent on mental health care for children

How we carry out our mission

Kantor Centre of Excellence

In May 2019 we opened our unique, purpose-built **Centre of Excellence** for child mental health in Kings Cross, London. For the first time, the best people and organisations in mental health, education, social care, and neuroscience, and importantly, children and their families, are together under one roof, transforming a fragmented sector into a coherent national learning collaboration.

UK Trauma Council

AFNCCF convene the **UK Trauma Council** to ensure children and young people who experience trauma can be supported quickly and effectively. The UKTC, led by AFNCCF's trauma specialists, brings together stakeholders across the UK to provide: high-quality, targeted and evidence-based materials for a range of audiences; web-based and face-to-face training materials coproduced with parents and young people; an establish network for the sharing of knowledge, best practice and support.

8,000 allied mental health professionals trained worldwide every year

1,300 schools being trained nationwide as part of DfE-funded programmes

300 postgraduate students (18% from outside the EU)

15,000 members of our Schools in Mind network for school staff and allied professionals

10,000 members of our Learning Network bringing together professionals, researchers, clinicians, children and families

Mentally Healthy Schools

Mentally Healthy Schools is a free website for primary schools, offering school staff information, advice and practical resources to better understand and promote pupils' mental health and wellbeing. The site was originally developed in partnership between AFNCCF, Young Minds, Place2Be and The Royal Foundation as a legacy project of the Heads Together campaign. AFNCCF now have full responsibility and ownership of the development and delivery of the Mentally Healthy Schools website.

400 schools taking part in national trials and research programmes

Advise national policy, e.g. NICE guidelines, government taskforces, and governmental reports and green papers

Research and evaluation

We carry out research to improve understanding of mental health and resilience and to evaluate and improve the treatments and services children and families are offered.

We take a leading role in the development of policy and practice in the UK and beyond to ensure that it is built on science, tested experience and has the input of children, young people and their families.

48 live innovation, evaluation and research projects across expert units with UCL

100 peer-reviewed papers published annually

HeadStart

HeadStart is a five-year, £56 million National Lottery funded programme set up by the National Lottery Community Fund, the largest funder of community activity in the UK. It aims to explore and test new ways to improve the mental health and wellbeing of young people aged 10 to 16 and prevent serious mental health issues from developing. The Evidence Based Practice Unit at the AFNCCF and UCL is working with six local authority HeadStart partnerships to collect and evaluate evidence about what does and doesn't work locally to benefit young people now and in the future.

Working together

Teaching and training

We teach and train a new generation of clinicians and researchers the latest skills and tools to improve mental health globally.

Sharing knowledge

Children, young people and families at the heart of everything we do

Driving innovation

30 active collaborations across private, public and thirds sectors

170,000 children, young people and families supported every year

Practice and systems

We develop new approaches, tools and services that aim to support children, young people and families in distress.

We creatively collaborate nationally and internationally in partnerships which jointly develop a step-change in child mental health and wellbeing.

200 children and young people's mental health services supported nationally, improving services for **130,000** children

68 years of pioneering clinical practice

Pears Family School

Sharing the new Centre of Excellence premises is **Pears Family School**, a specialist school for children with serious emotional and behavioural issues who have been excluded from mainstream schools and their families. By including parents in sessions, where they can better understand the needs of their child, and by combining first class teaching with innovative mental health practice, young people are able to continue with their learning as they recover their emotional wellbeing so they can return to mainstream school.

Early Years Programme

AFNCCF has a long-standing, comprehensive model of intervention for babies and young children under the age of five to support healthy social and emotional development. Our work includes **universal baby groups** to support the parent-infant relationship, **targeted infant and toddler groups**, a **specialist day unit** for some of the most vulnerable families and **training the early years workforce** in local areas (Health Visiting, Children's Centres). The programme aims to enable children to regain healthy developmental journeys and support carers to better meet the developmental needs of their children.

