

My Voice Matters

Children's Mental Health Week 2024

A guide for referrers

At Bolton Together, we are passionate about giving children and young individuals a voice in the decisions that impact their mental health and wellbeing. We encourage everyone who seeks support through our iThrive Hub to empower those they refer to express their views and be heard.

"I deserve to be seen as able to communicate my feelings and views."

"I deserve to be seen as a person with my own feelings and views."

"I should be able to trust my important adults to think carefully about my feelings and views and speak them for me."

"I should have a say in decisions about what happens to me."

"I should have my views valued by my family, community, and society."

Quotes from Voice of the Infant: best practice guidelines and infant pledge

Top tips when deciding to refer a child or young person to the iThrive Hub for support:

- Have you actively sought out the child or young person's views?
- Have steps been taken to ensure that the child or young person can take part?
- Have you given the child or young person all the information they need to form a view?
- Does the child or young person know they do not have to take part?
- Have you given the child or young person a range of options as to how they might express themselves?
- Does the child or young person know who their views are being communicated to and what will happen next?
- Have you explained to the child or young person the reasons for the decisions being made?

Guidance adapted from *The Lundy Model of Participation*.



Understanding the wellbeing needs of children and young people is crucial as it enables us to provide appropriate support and interventions that can positively impact their emotional health and wellbeing.

Additionally, listening to their voices and involving them in decision-making processes empowers them and helps build trust and positive relationships. By prioritizing their needs and perspectives, we can create a safe and supportive environment that promotes their wellbeing and enables them to reach their full potential.

If you want to access more resources or make a referral to the iThrive Hub please visit our website:

www.bolton-together.org.uk/