

# PM's plans to tackle mental health attitudes welcomed

**WOKING** hypnotherapist José Penrose has welcomed Theresa May's announcement to transform attitudes towards mental health with a focus on children and young people

The prime minister announced that the government plans to transform its attitudes towards mental health with a focus on children and young people.

According to the charity Mind one-in-four people in the UK will experience a mental health problem each year. Government figures also show that young people are affected disproportionately with more than half of mental health problems starting by the age of 14 and 75% by 18.

The plans have been welcomed by Woking based hypnotherapist José Penrose of 'Mind to Change'. José who



**Woking hypnotherapist José Penrose.**

has been a practising counsellor since 1989, has in the past year met a number of local teenagers aged between 12 and 18 who are suffering from anxiety, insomnia, and panic attacks for a variety of different reasons - family issues, exam (and family)

pressures, continual exposure and interaction with social media.

Through a process of talking and progressive relaxation techniques, she has helped many young people reduce their anxiety, solve family issues and also helped them to increase their confidence and self-esteem.

The government aims to make mental health an everyday concern for all, helping to ensure that no one affected goes unattended. One of the key priorities is ensuring that children and young people get the help and support they need and deserve.

The government's plans include new support for schools, with every secondary school in the country to be offered mental health first aid training and new trials to look at how to strengthen the links between schools and

local NHS mental health staff.

There will also be a major thematic review of children and adolescent mental health services across the country, led by the Care Quality Commission to identify what is working and what is not and a new green paper on children and young people's mental health to set out plans to transform services in schools, universities and for families.

A new partnership with employers to improve mental health support in the workplace will be brought in.

José said: "I am delighted and relieved to hear that at last the government have recognised the importance of addressing mental health issues in children and young people. Early intervention is crucial to a good recovery and to prevent recurrence."