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# Psychological Professions Week

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# The Helix Project – Co-Producing a Preventive Approach to Children’s Mental Health

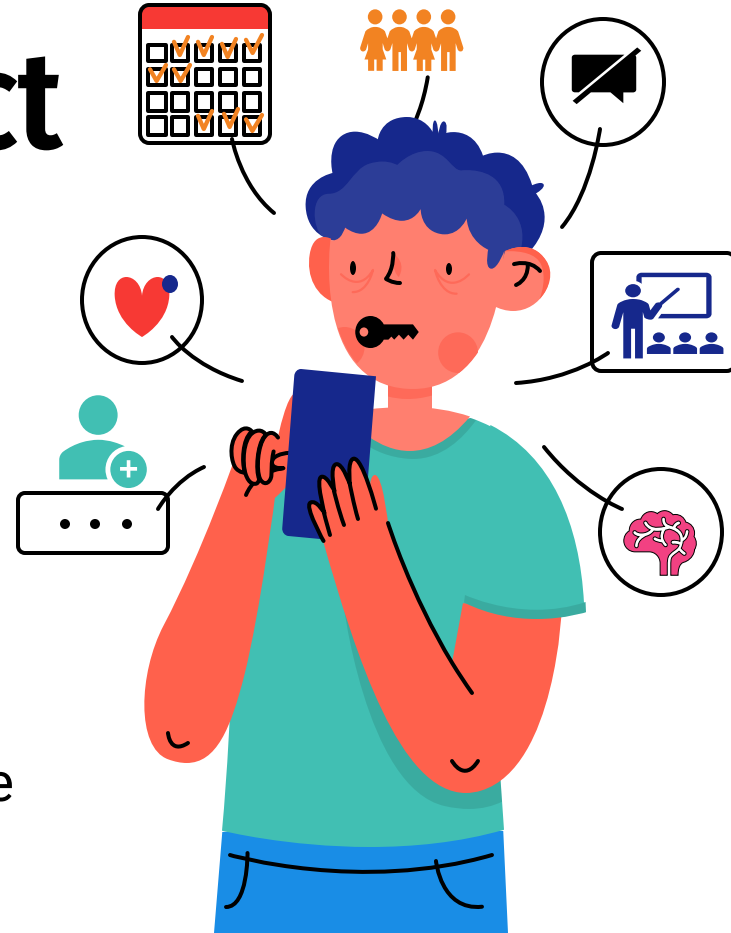
Nathalie Dullage  
Northumbria University



# The HELIX Project

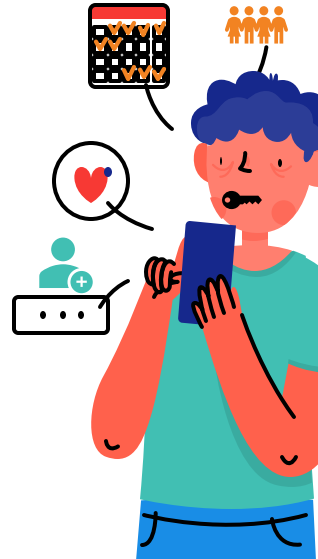
## A Co-Produced Preventive Approach to Children's Mental Health

Nathalie Dullage – Lecturer and PhD Candidate  
Northumbria University



out of **367,000** Children across England  
***4 out of 5*** felt that their  
***voices are unheard by***  
**those in power**

The Big Ambition Study  
Children's Commissioner (2024)



# The Problem of The Yellow Bus



Why its important and how we can (try to) fix it

## CYP MH Prevalence 2017 - 2023

20% probable Prevalence  
6-16 Year Olds  
**75% Increase**

23% Probable Prevalence  
17-19 YO  
**131% Increase**

Pre 2017 **10%** increase  
Post 2017 **50%** increase

NHSE (2023)

# The Need for a Shift in Strategy



10,885 x  
Exclusions

16% Increase  
Year on Year

39% = Permanent  
Disruptive  
Behaviour

## Exclusions and Suspensions 2023/2024

954,952 x  
Suspensions

21% Increase Year  
on Year

51% = Permanent  
Disruptive  
Behaviour

DfE (2025)

# What Do Young People Say?

Marginalised Young People were asked about their experience around Student Voice and Wellbeing

1

Tokenistic Voice and Selective Listening

2

Punitive Culture over Support

3

Inadequate Mental Health and SEND Support

4

Trust, safety and confidentiality concerns

5

Teacher Attitude = Critical Variable



Bullying and Safeguarding Failures

6

Systemic Priorities (Reputation over Wellbeing)

7

Unheard "Under the Radar" Students

8

Listening without action ≠ Listening

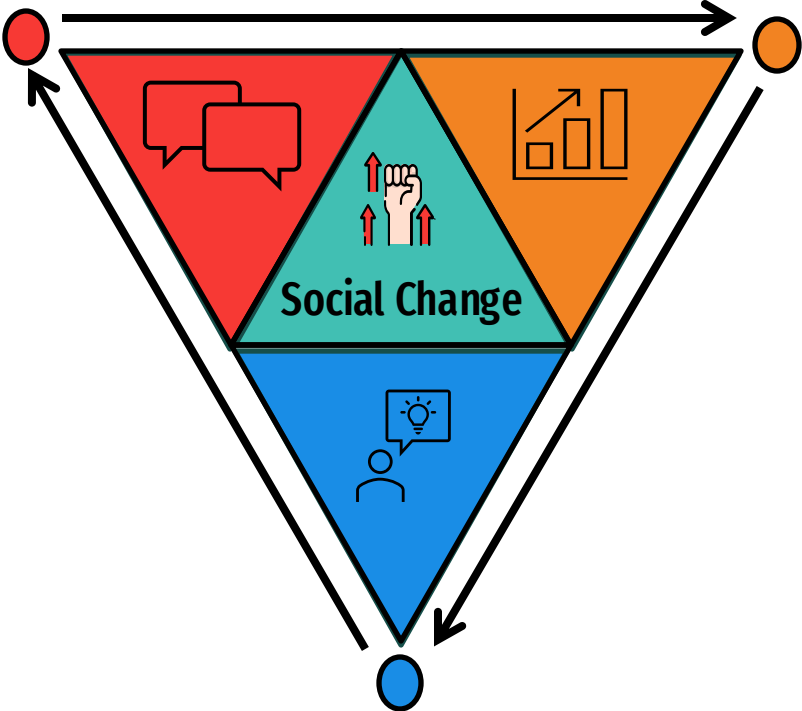
9

Contrast with Post Secondary Education

10

# SpANS Model : Long Term and Sustainable Collaborative WSA

**School Participation**  
Collaboration with school communities including marginalised voices



**Action**  
WSA developed from real life experiences of the school community

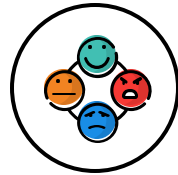
**New Knowledge**  
To evaluate and further develop WSA

# Why Student Voice is Important for Whole School Community Change

Enhanced Engagement and  
Motivation  
Improved Esteem and  
Wellbeing

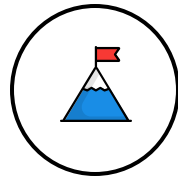


Positive Relationships  
Improved Outcomes



Ownership and Responsibility

Enhanced Accountability  
Positive Environment



“The practice of  
**actively**  
listening to and  
**valuing** the  
opinions and  
experiences of  
students”



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**Thank you**

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[www.ppn.nhs.uk](http://www.ppn.nhs.uk)

#PPWeek25

#PsychologicalProfessionsWeek2025

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