

Iechyd Meddwl Babanod, Plant a Phobl Ifanc yng Nghymru

Cynhadledd Iechyd y Cyhoedd Cymru 2025

Mental Health of Babies, Children and Young People in Wales

Welsh Public Health Conference 2025

Mae ein hiechyd meddwl yn cael ei bennu gan yr amodau y cawsom ein geni a'n magu, a'r amodau rydym yn gweithio, byw a heneiddio ynddynt ynghyd â'r set ehangach o rymoedd

Nid yw'n ymwneud â'r hyn sy'n bod arnoch chi

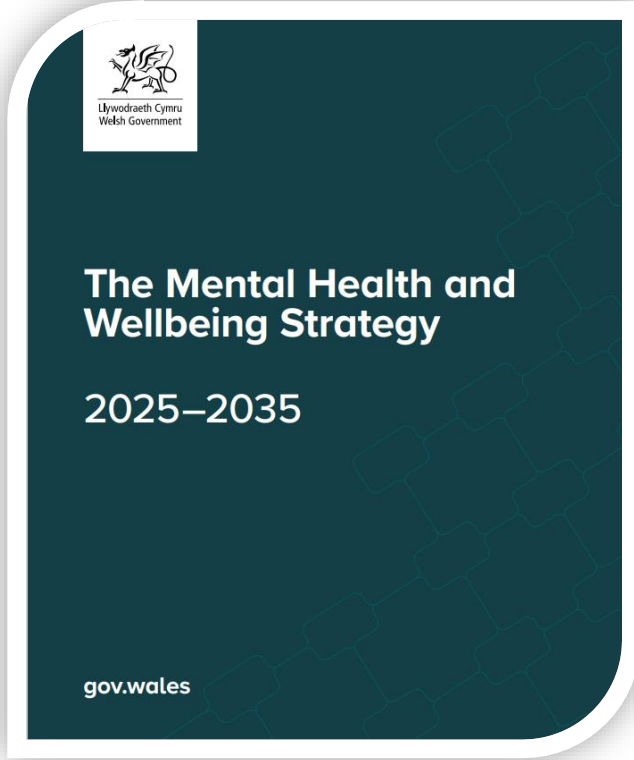
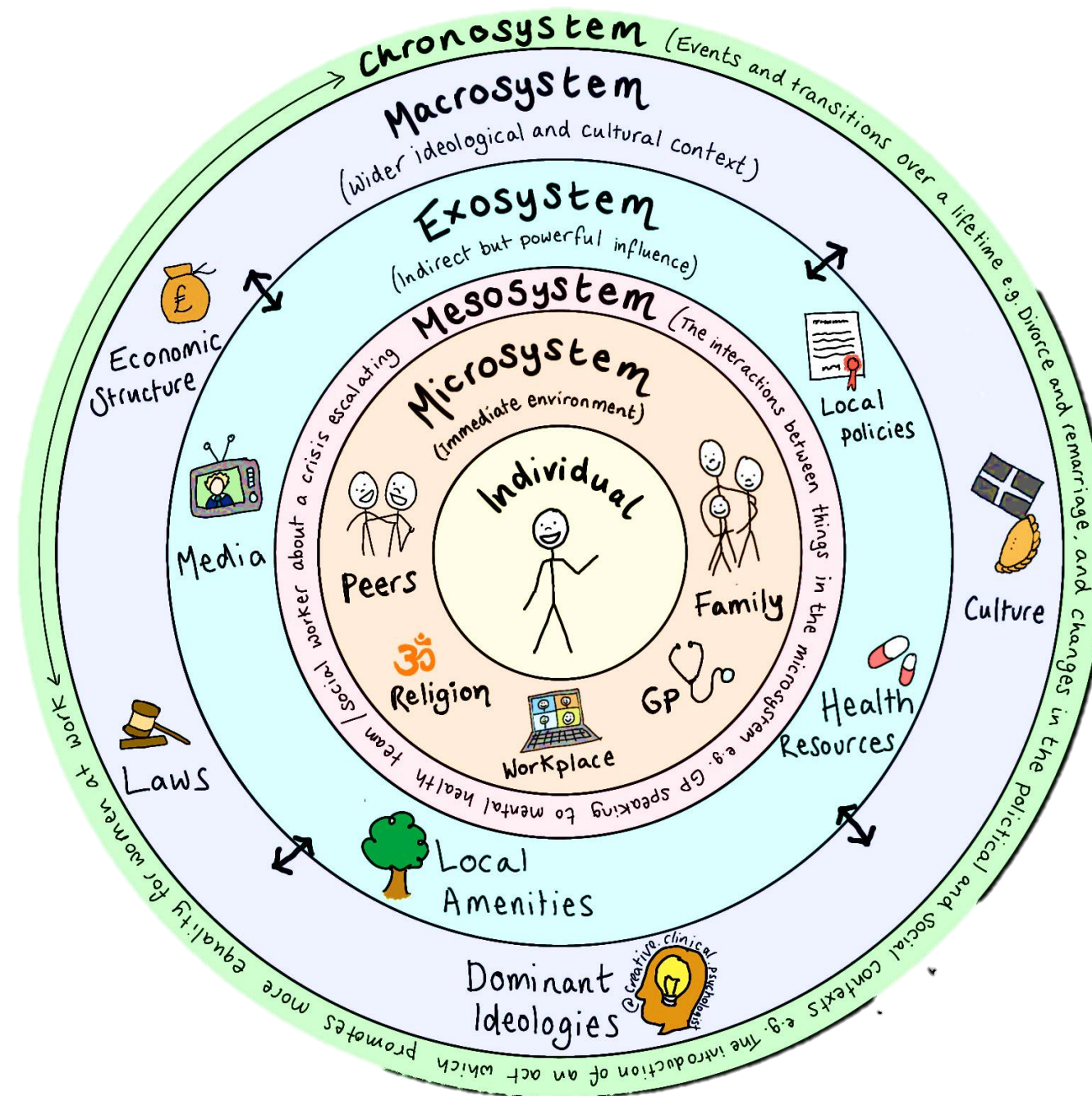
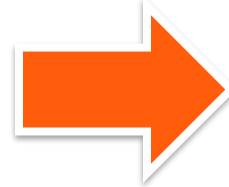
Mae'n ymwneud â'r **hyn sydd wedi digwydd** i chi, neu na ddigwyddodd i chi ac y dylai fod wedi...

Our mental health is determined by the conditions in which we are born, grow, work, live, age along with the wider set of forces shaping the conditions of our daily lives

Its not what's wrong with you

Its about **what's happened** to you, or didn't happen for you that should have...





Cefndir

- Mae iechyd meddwl a llesiant da yn hanfodol ar gyfer iechyd a rhagolygon cyffredinol pob person ifanc
- Mae ~ **50%** o holl gyflyrau iechyd meddwl oedolion yn cael eu gwreiddio erbyn **14 Oed**^[1]

1 o bob 2 erbyn 14 oed



3 o bob 4 erbyn 24 oed



Background

- Good mental health and wellbeing is essential for the overall health and prospects of all young people
- ~ **50%** of all mental health conditions in adulthood are established by **age 14**^[1]

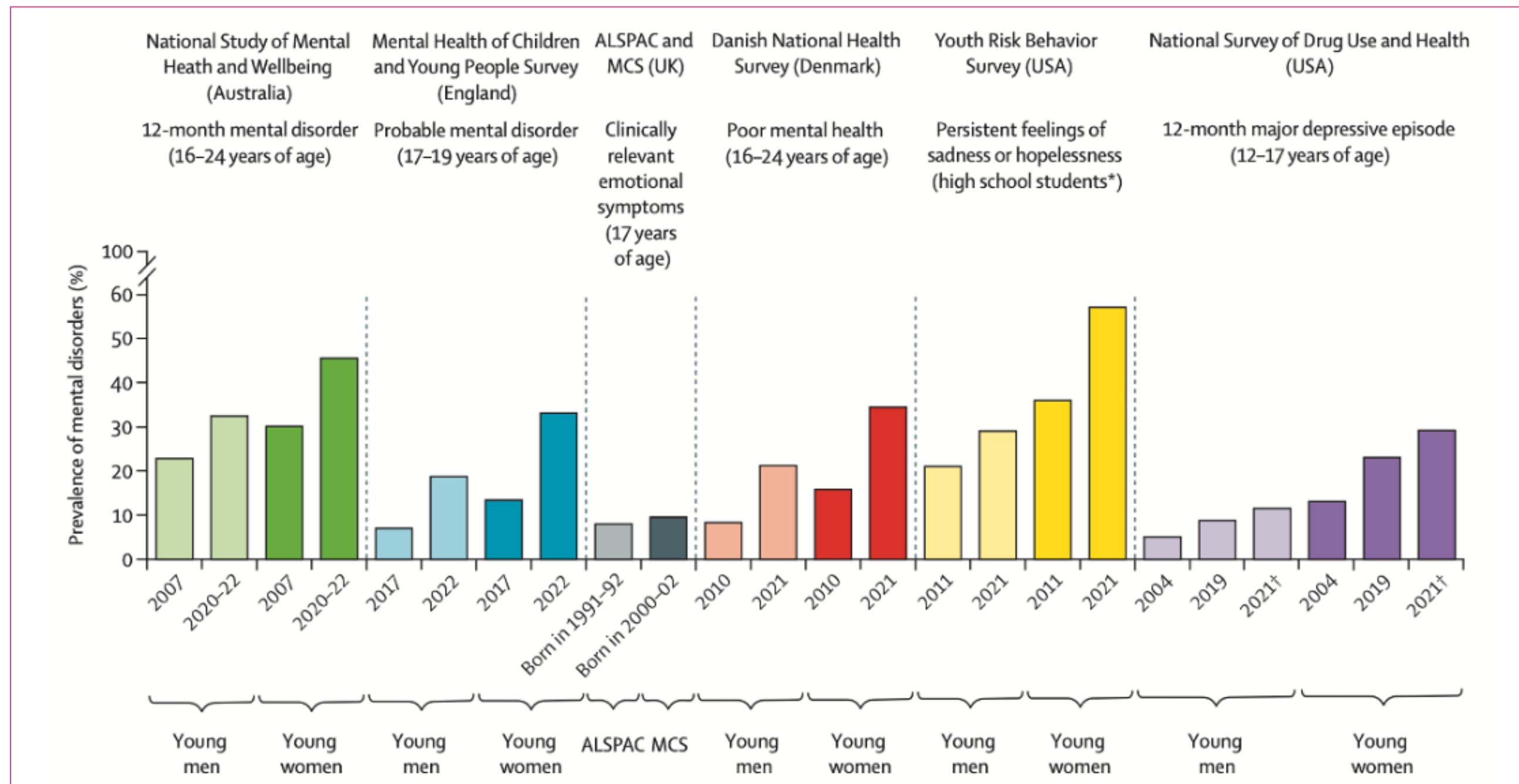
1 in 2 by 14 years old

3 in 4 by 24 years old

[1] Age of onset of mental disorders: A review of recent literature - PMC

Patrymau iechyd meddwl byd-eang pobl ifanc

Global Mental health patterns in young people



[2] The Lancet Psychiatry Commission on youth mental health

Iechyd Meddwl: Babanod a rhieni

- Yn Lloegr, mae ~ 5.5% o gyffredinrwydd erbyn 2-4 blynedd ar gyfer unrhyw gyflwr iechyd meddwl (2017)^[3]
- Mae data byd-eang yn dyfynnu 20.1% o gyffredinrwydd ymhlith plant 1-7 oed, ac mae gan 6.4% fwy nag un cyflwr^[4]
- Mae data byrddau iechyd yn awgrymu y gallai 15–20% o fabanod elwa ar ymyriadau arbenigol rhwng rhieni a babanod^[5]
- Nododd 40% o fenywod beichiog rhwng 20 a 29 oed gyflwr iechyd meddwl yn eu hasesiad cyn geni cyntaf

Mental Health: Infants and parents

- In England ~ 5.5% prevalence in 2-4yrs for any mental health condition (2017) ^[3]
- Global data cites 20.1% prevalence in 1-7yrs, 6.4% with more than one condition ^[4]
- Health board data suggests 15–20% of babies could benefit from specialist parent-infant interventions ^[5]
- 40% of pregnant women aged 20–29yrs reported a mental health condition at their first antenatal assessment

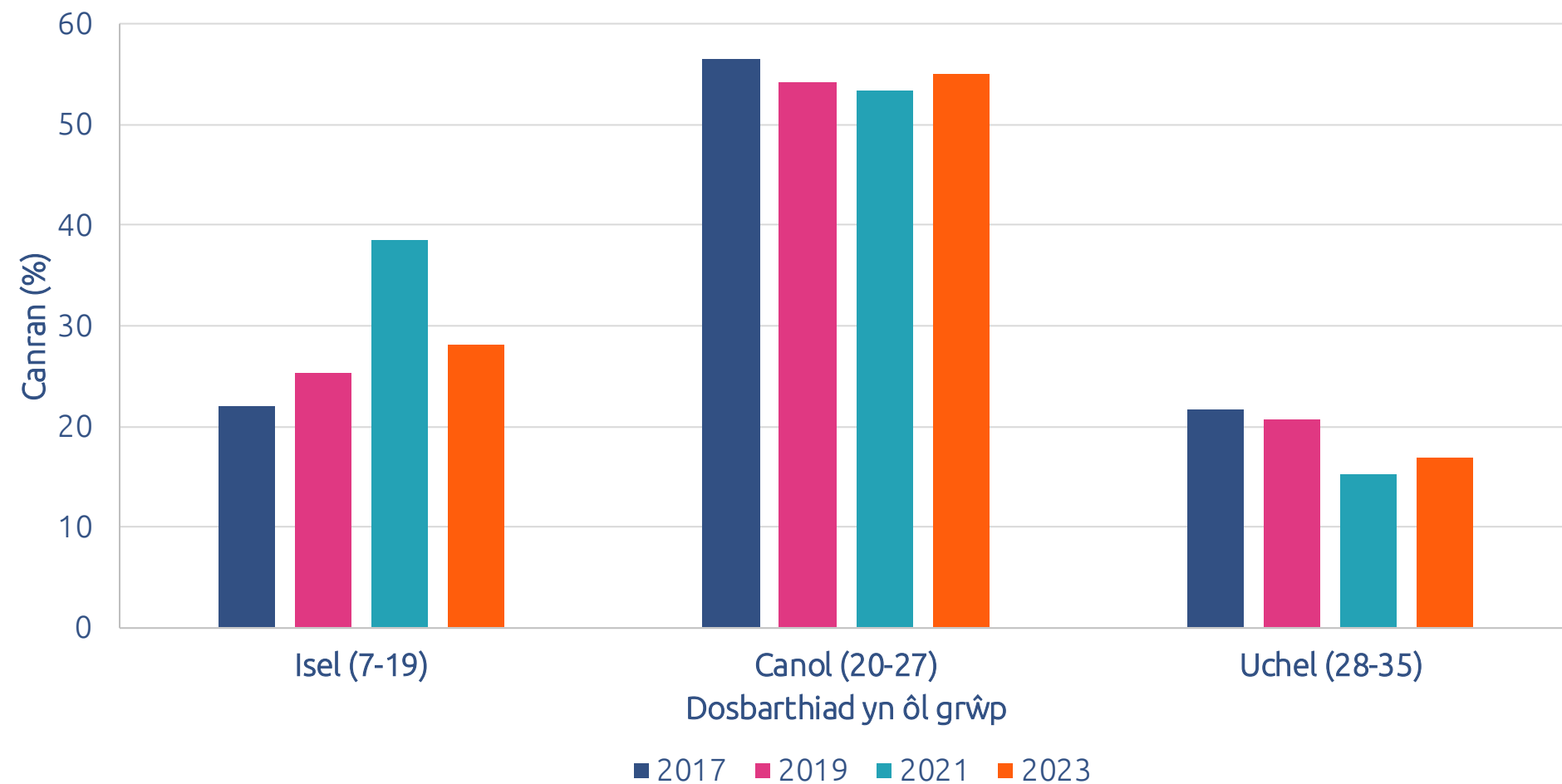
^[3] [Mental Health of Children and Young People in England, 2017 \[PAS\] - NHS England Digital](#)

^[4] [Research review: A meta-analysis of the international prevalence and comorbidity of mental disorders in children between 1 and 7 years - PubMed](#)

^[5] [Publications - Parent-Infant Foundation](#)

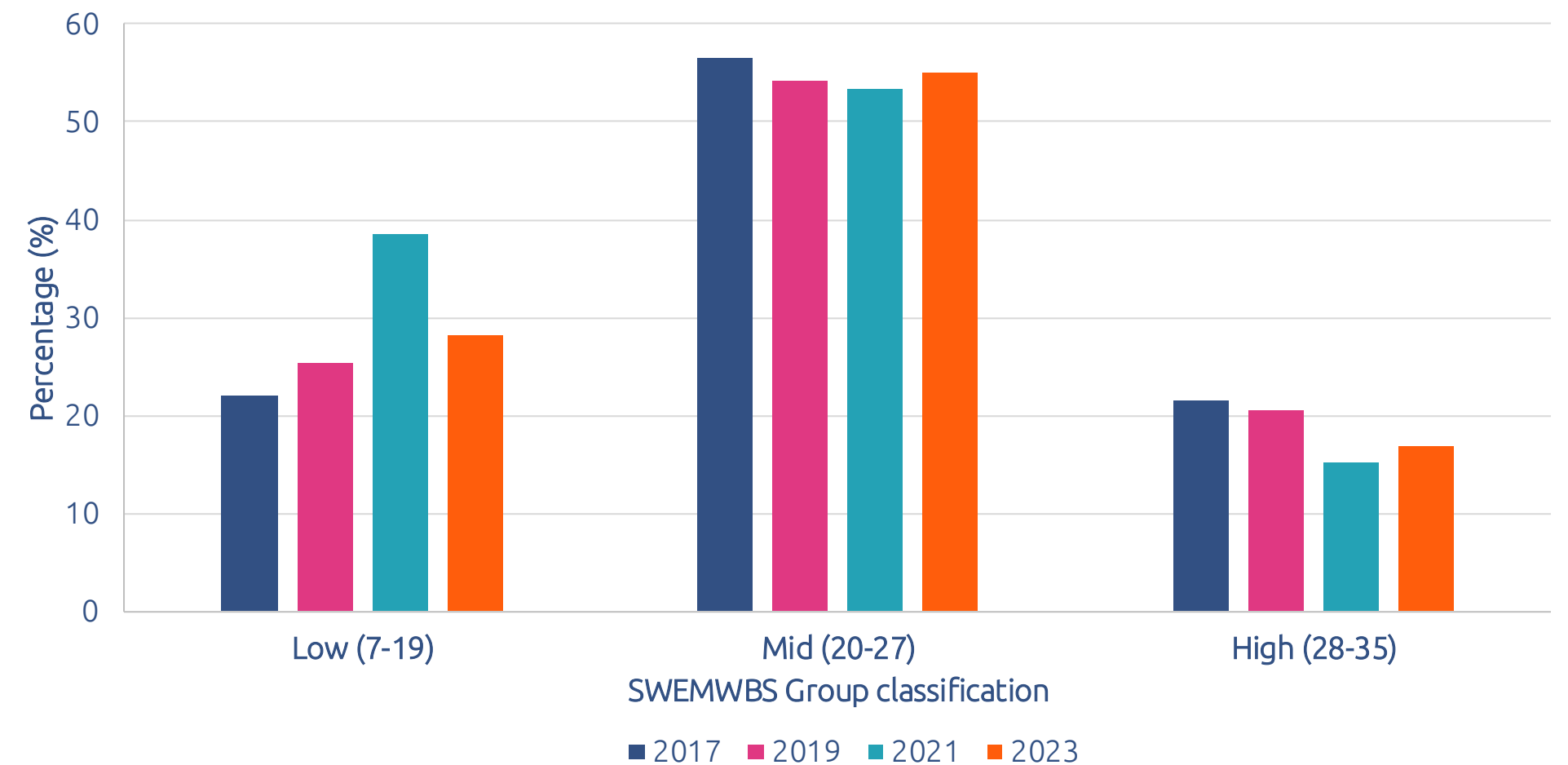
Llesiant Meddyliol: Cymru

Sgorau llesiant meddyliol wedi'u grwpio allan o gyfanswm o 35 gan ddefnyddio Graddfa Fer Llesiant Meddyliol Warwick-Caeredin (SWEMWBS), canran, merched, Cymru, blynyddoedd lluosog



Mental Wellbeing: Wales

Grouped mental well-being scores out of a total of 35 using SWEMWBS, percentage, girls, Wales, multiple years



Iechyd meddwl cyffredinol: Cymru

2004

Amllder cyflyrau iechyd meddwl
Mental health condition
prevalence

- 1 o bob 10 (Pobl ifanc 5-16 oed)
- 1 in 10 (5–16-year-olds)

Overall mental health: Wales

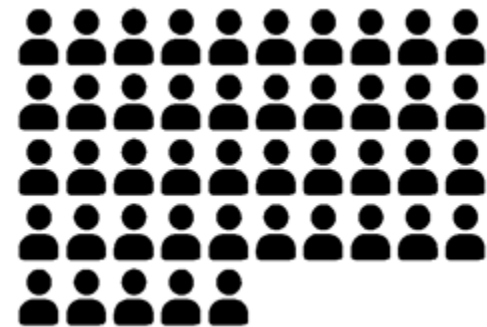
2023

Amllder cyflyrau iechyd meddwl
Mental health condition
prevalence

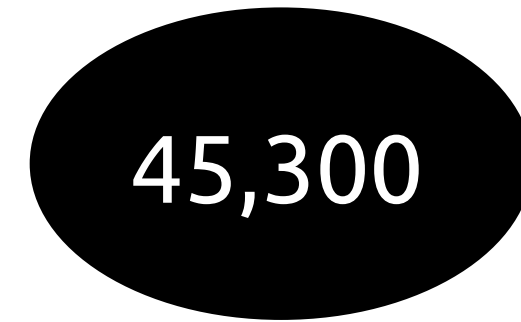
- 1 o bob 6: Pobl ifanc 8-10 oed
- 1 o bob 5: Pobl ifanc 11-16 oed
- 1 o bob 4: Pobl ifanc 17-24 oed
- 1 in 6 (8–10-year-olds)
- 1 in 5 (11–16-year-olds)
- 1 in 4 (17–24-year-olds)

Effaith ar y Boblogaeth: Cymru

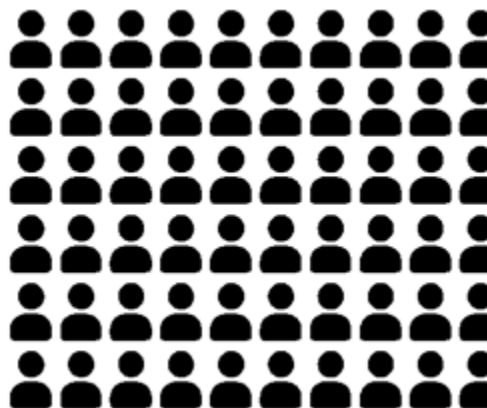
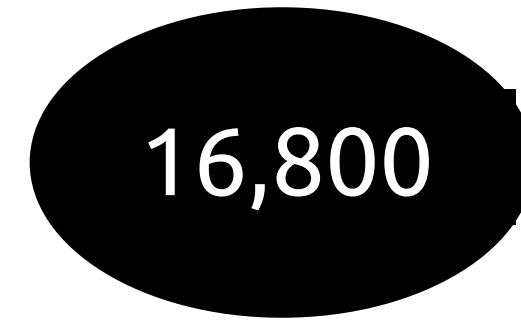
Population Impact: Wales



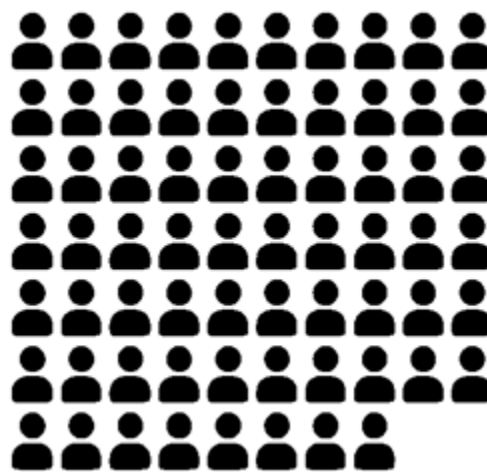
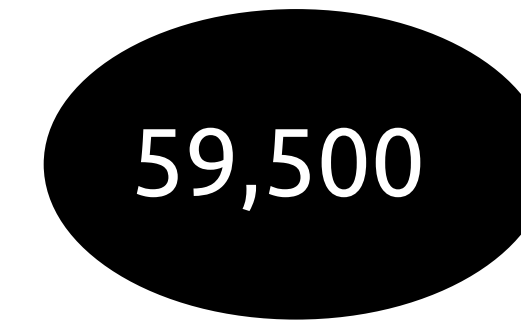
1-7 oed
1-7 years



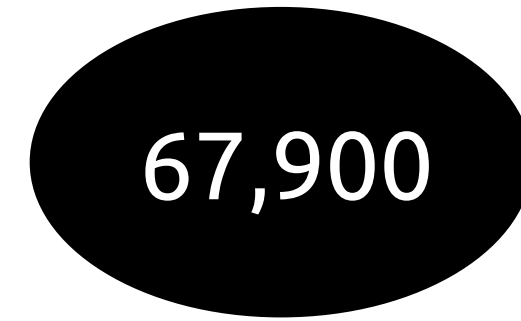
8-10 oed
8-10 years



11-16 oed
11-16 years



17-24 oed
17-24 years

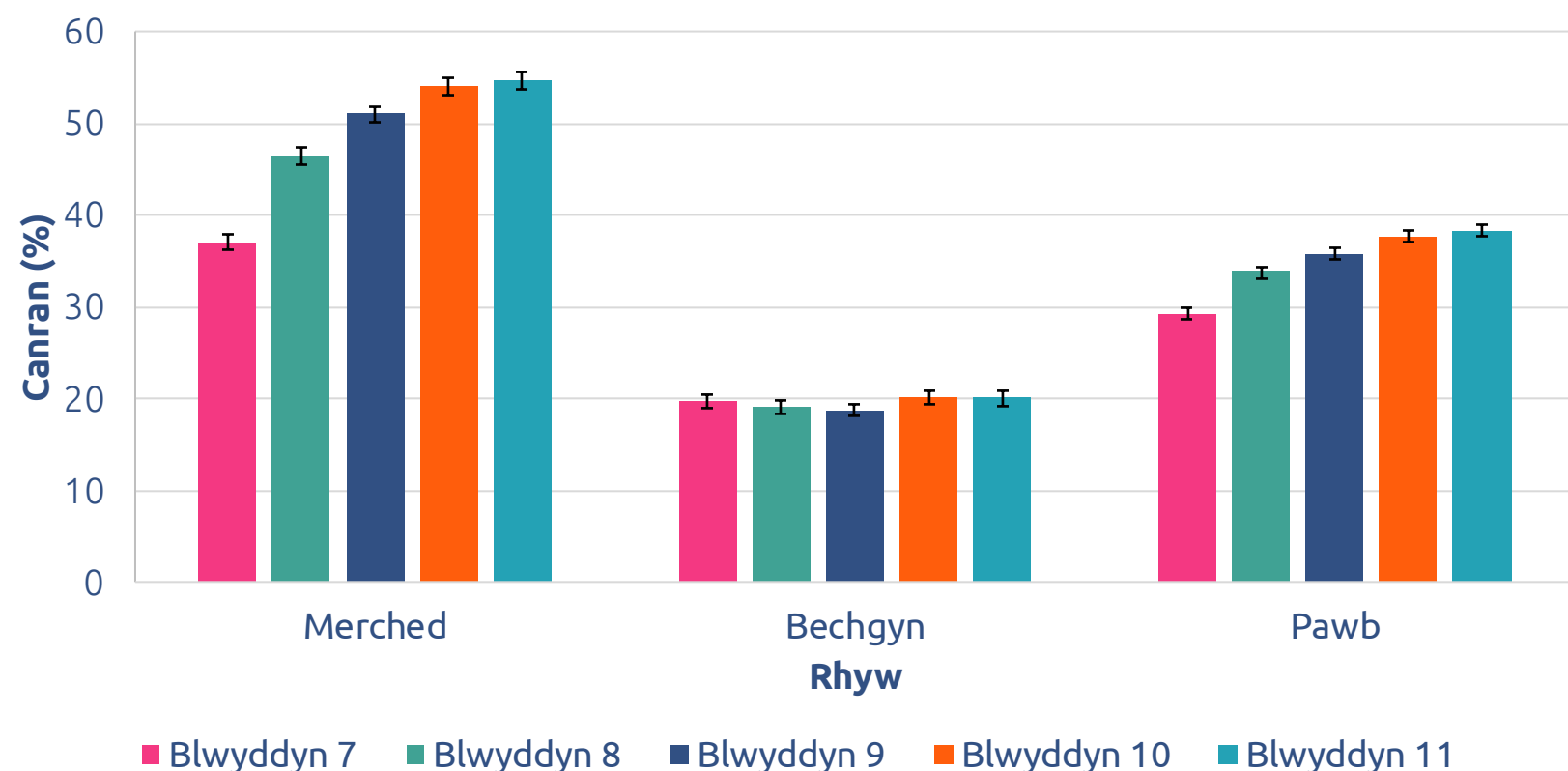


Noder: Ffigurau poblogaeth a amcangyfrifwyd gan ddefnyddio data alinio cyffredinrwydd sy'n gysylltiedig ag oedran ar gyfer 'anhwylderau iechyd meddwl tebygol' o Arolwg MHCYP Lloegr 2023

Nb. Population figures estimated using aligning age-related prevalence data for 'probable mental health disorders' from the MHCYP England Survey 2023

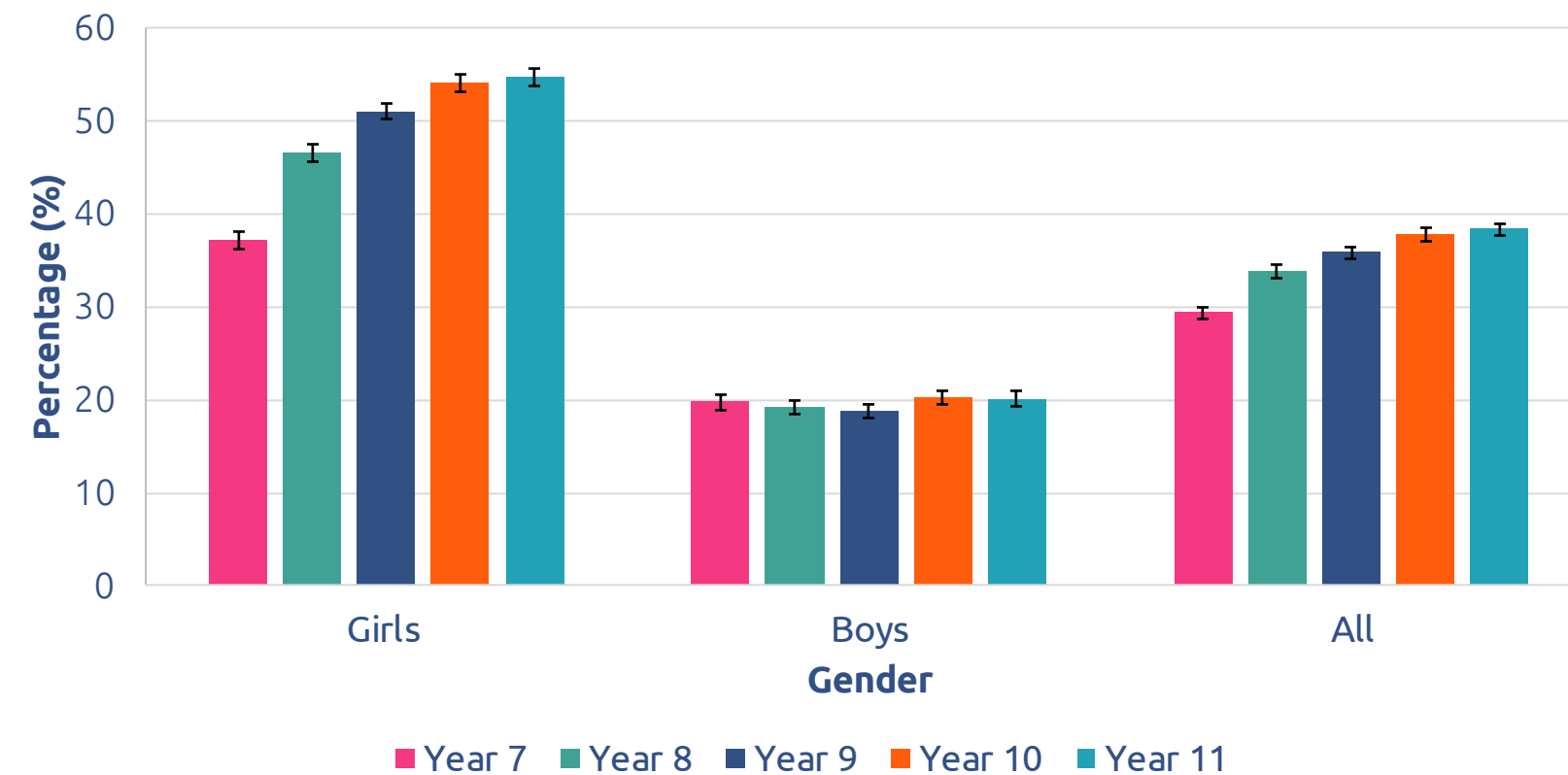
Anawsterau emosiynol: Cymru

Myfyrwyr yng Nghymru sy'n sgorio'n uchel neu'n uchel iawn yn y sgôr Problemau Emosiynol ar gyfer yr SDQ, wedi'i gyflwyno yn ôl blwyddyn ysgol a rhyw



Emotional difficulties: Wales

Students in Wales who score high or very high in the Emotional problems score for the SDQ, presented by school year and gender



Hunaniaethu: 12% ↑ ymhlith pobl 15 oed (2014–22)

Anhwylderau bwyta: 12.5% ↑ pobl 17–19 oed (2017–23)

Self-harm: 12% ↑ in 15yr olds (2014-22)

Eating disorders: 12.5% ↑ 17-19 yr olds (2017-23)

Defnyddio gwasanaethau: Cymru

- Mae'r gorbryder a gofnodwyd gan feddygon teulu ymhlith pobl ifanc yng Nghymru wedi cynyddu'n gyffredinol, ond mae gostyngiad sy'n gysylltiedig â'r pandemig ac adferiad araf yn awgrymu bod llawer yn parhau heb gael diagnosis na chefnogaeth
- Nid oedd hanner y bobl ifanc yn gwybod ble i gael cymorth iechyd meddw^[6]
- Dim ond 29% oedd yn teimlo'n hyderus i gael mynediad at gymorth
- Dim ond hanner oedd yn teimlo bod eu barn wedi cael ei hystyried

Service utilisation: Wales

- GP-recorded anxiety in young people in Wales has generally increased, but a pandemic-related dip and slow recovery suggest many remain undiagnosed and unsupported
- Half of young people didn't know where to access mental health support ^[6]
- Only 29% felt confident in accessing support
- Only half felt their views were considered

[\[6\] How are healthcare,](#)

Ffactorau risg ac amddiffynnol

- **Tlodi:** Mae plant o gartrefi yr 20% tlotaf bedair gwaith yn fwy tebygol o brofi problemau iechyd meddwl difrifol erbyn 11 oed o'u cymharu â'r rhai o'r 20% mwyaf cyfoethog^[7]
- **Pwysau academaidd:** Mae dros hanner y merched yn nodi eu bod yn teimlo pwysau oherwydd gwaith ysgol, sef cynnydd o 8% ers 2017
- **Iechyd meddwl rhieni:** Mae gan blant rhieni sydd ag anhwylderau meddwl risg o 55% o ddatblygu anhwylder meddwl eu hunain yn ystod eu bywyd^[8]

Risk and protective factors

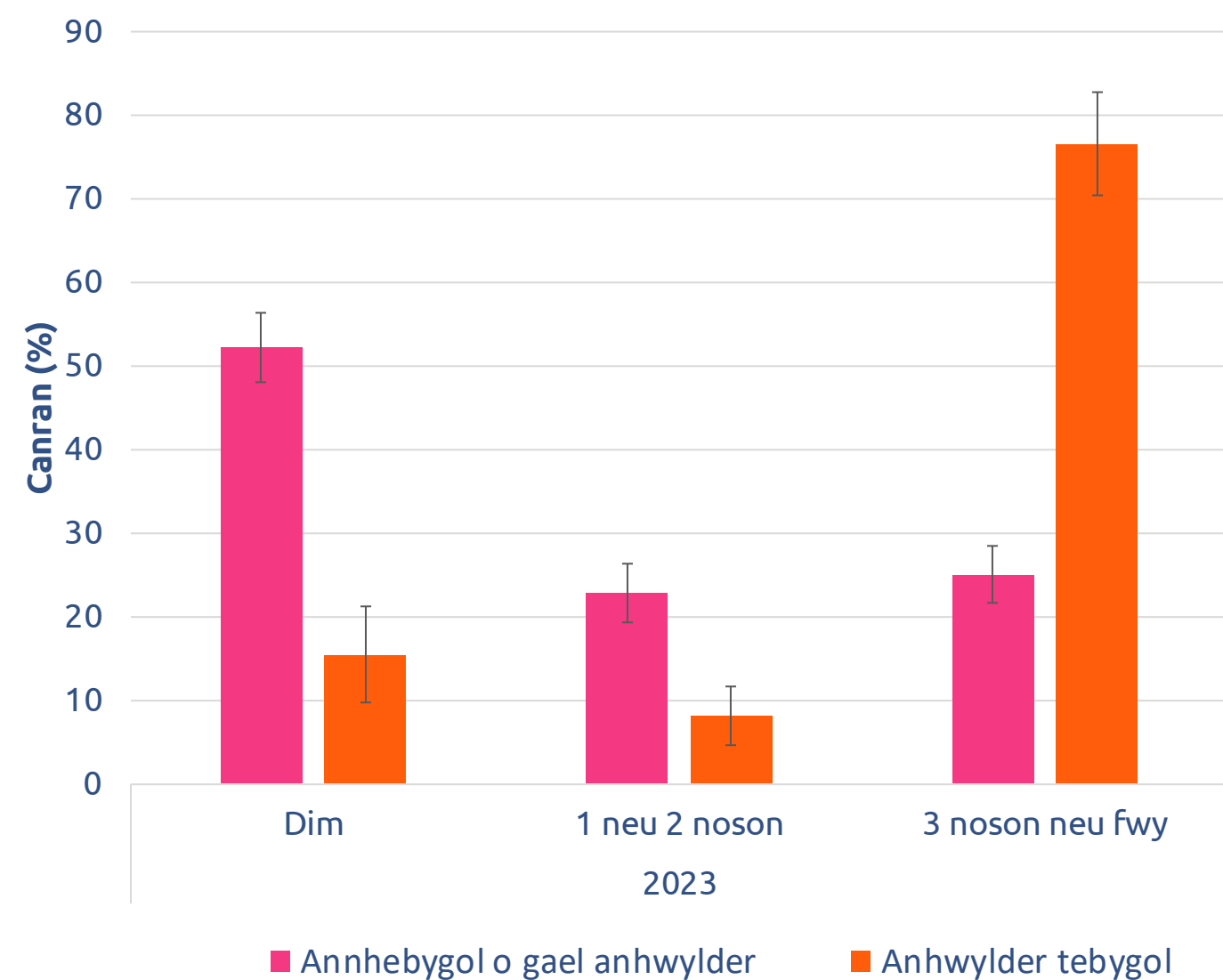
- **Poverty:** Children from the poorest 20% of households are four times more likely to experience serious mental health problems by age 11 compared to those from the most affluent 20% ^[7]
- **Academic pressures:** Over half of girls report feeling pressure from schoolwork, rising 8% since 2017
- **Parental mental health:** Children of parents with mental disorders have a 55% lifetime risk of developing a mental disorder themselves ^[8]

^[7] [Mental health inequalities: factsheet - Centre for Mental Health](#)

^[8] [Transdiagnostic risk of mental disorders in offspring of affected parents: a meta-analysis of family high-risk and registry studies - PMC](#)

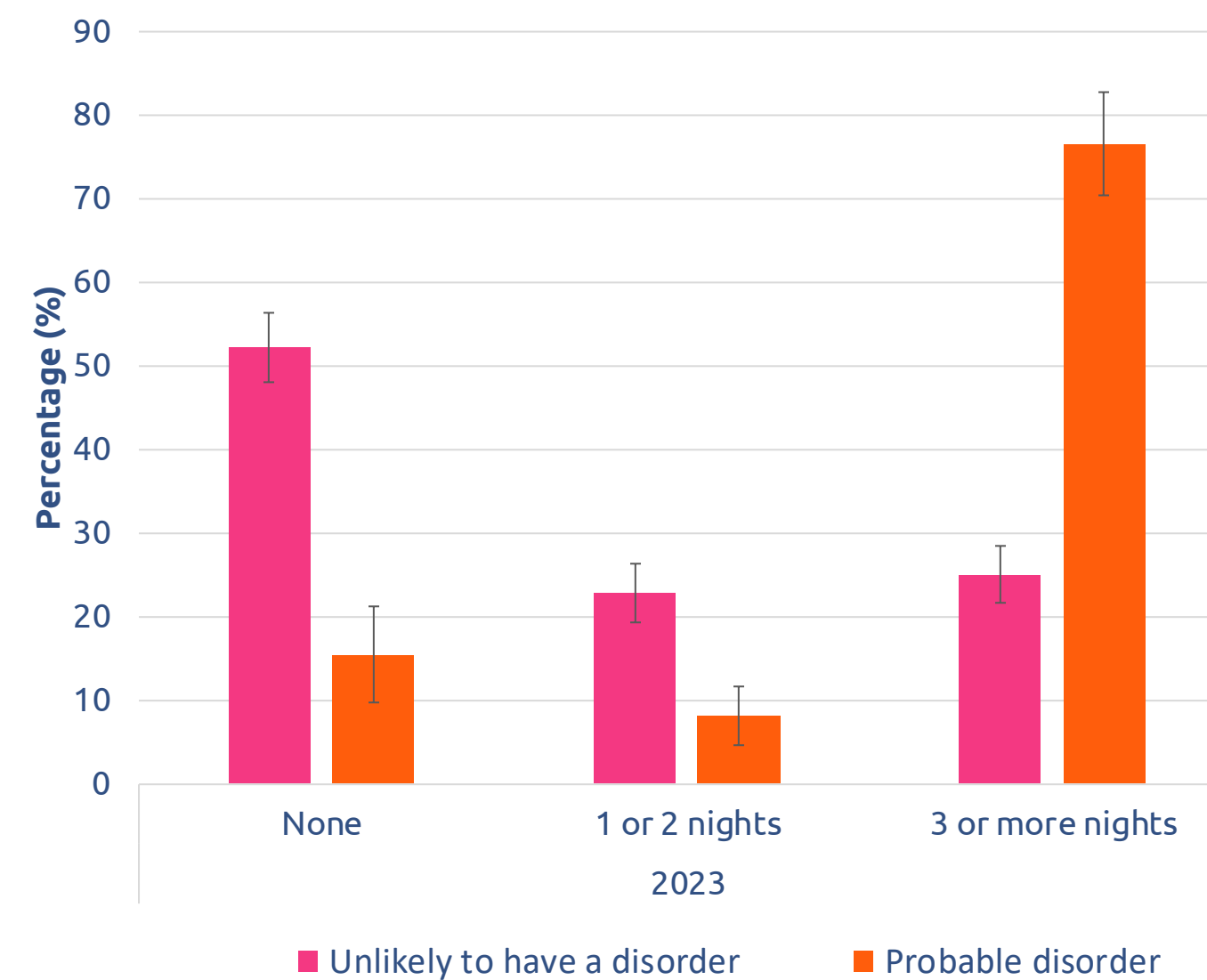
Ffactorau risg ac amddiffynnol

Nifer y nosweithiau y profwyd problemau cysgu yn yr wythnos ddiwethaf yn ôl iechyd meddwl plentyn neu berson ifanc (Lloegr)



Risk and protective factors

Number of nights experienced sleep problems in past week by mental health of child or young person (England)



Mewnwelediad profiad bywyd

- Deall cyflyrau sy'n cyd-ddigwydd
- Technoleg ddigidol heb ei rheoleiddio
- Ansicrwydd cyflogaeth a thai
- Newid hinsawdd
- Pwysigrwydd trydydd lleoedd

Lived experience insight

- Understanding co-occurring conditions
- Unregulated digital technology
- Employment and housing insecurity
- Climate change
- Importance of third spaces



Strategaeth Iechyd Meddwl 2025-2035^[9]

- Bod y blociau adeiladu yn eu lle i gefnogi iechyd meddwl a llesiant da
- Bod gan bawb yr wybodaeth, y cyfleoedd a'r hyder i amddiffyn a hyrwyddo iechyd meddwl a llesiant da
- System gysylltiedig lle mae pawb yn derbyn y lefel briodol o gefnogaeth
- Gwasanaethau iechyd meddwl di-dor sy'n canolbwyntio ar yr unigolyn, yn cael eu harwain gan angen ac yn cyfeirio at y cymorth cywir y tro cyntaf, yn ddi-oed.

Mental Health Strategy 2025-2035 ^[9]

- The building blocks are in place to support good mental health and wellbeing
- Everyone has the knowledge, opportunities and confidence to protect and promote good mental health and wellbeing
- A connected system where all people receive the appropriate level of support
- Seamless mental health services – person-centred, needs led and guided to the right support first time, without delay

[Mental health and wellbeing strategy 2025 to 2035](#)

Cefnogi Gweithredu'r Strategaeth Supporting Strategy implementation

- Cefnogi partneriaid y GIG i ddatblygu gwasanaethau teg sydd â mynediad agored atynt
- Cefnogi'r gwaith o weithredu Dulliau Ysgol Gyfan ar gyfer Llesiant Emosiynol a Meddyliol^[10]
- Gweithio gyda sefydliadau partner i weithredu Fframwaith Gweithredu'r Blynyddoedd Cynnar
- Gweithio gyda sefydliadau partner i gynyddu mynediad at weithgareddau sy'n hyrwyddo llesiant a chefnogaeth gymunedol

- Supporting NHS partners to develop equitable, open-access services
- Supporting the implementation of Whole School Approaches to Emotional and Mental Wellbeing ^[10]
- Working with partner organisations to implement the Early Years Framework for Action
- Working with partner organisations to increase access to wellbeing promoting activities and community-based support

[\[10\] Framework on embedding a whole-school approach to emotional and mental wellbeing | GOV.WALES](#)

Model Gofal Cyfredol

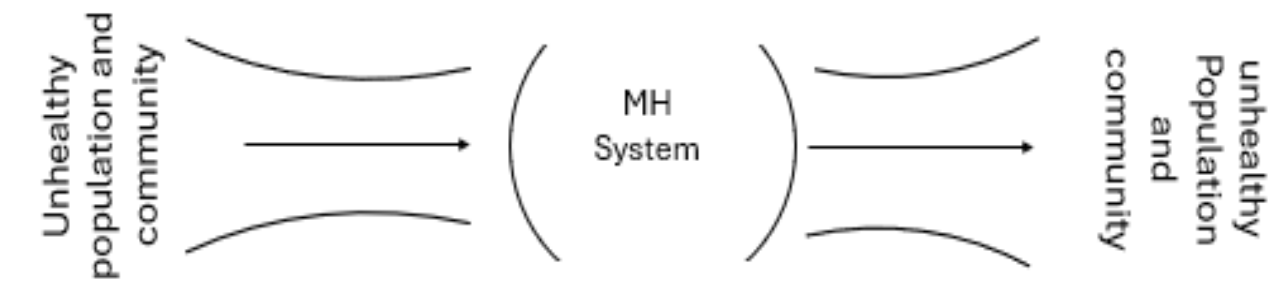
Dull clinig unigol

- Rhestrau aros hir
- Araf a chost ariannol uchel
 - Cynaliadwyedd isel
- Heb gyd-destun a pherthnasoedd
 - Yn seiliedig ar ddiagnosis
- Yn canolbwyntio ar ofal meddygol (GIG)

Individualised clinic approach

- Long-waiting lists
- Slow and high financial cost
 - Low sustainability
- Devoid of context and relationships
 - Diagnosis based
- Medical care (NHS) focused

Current model of Care



PLATF **FORM**

For mental health and social change
 Dros iechyd meddwl a newid cymdeithasol

Ecosystem ar gyfer iechyd meddwl

- Yn rhoi perthnasoedd a'r person yn gyntaf
- Defnydd cynaliadwy, darbodus o adnoddau
- Wedi'i wreiddio a'i hintegreiddio yn y Gymuned
- Aseidiadau a mesurau canlyniad yn seiliedig ar anghenion
- Yn ystyriol o drawma ac yn canolbwyntio ar benderfynyddion cymdeithasol
- Ataliol a Chynaliadwy

- Puts relationships and the person first
- Sustainable prudent use of resource
- Community Embedded and Integrated
- Needs led assessments and outcome measures
- Trauma informed and social determinant orientated
- Preventative and Sustainable

Ecosystem for mental health



PLATFORM

For mental health and social change
Dros iechyd meddwl a newid cymdeithasol



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Gweithio gyda'n gilydd
i greu Cymru iachach

Working together
for a healthier Wales

