

# About Us

As you read this, around 1 in every 10 children has a diagnosable mental health problem.

This year, in England alone, the cost of mental health problems is estimated to reach £77 billion.

## Why our work matters

Violent crime. Substance abuse. Self harm. Eating disorders. School truancy. Mental health issues among children and young people have a direct impact on society's greatest problems. Left untreated, these problems persist into adulthood and pass on to new generations when these children become parents themselves.



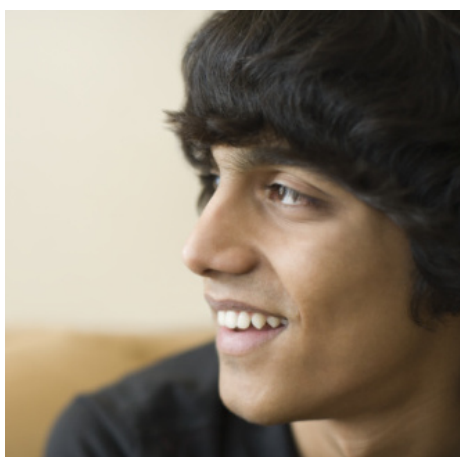
Young people do not simply grow out of these problems. They need help. The economic and social costs of leaving them untreated, as well as the costs to people's happiness and wellbeing, are simply too great to ignore.

Here at the Anna Freud Centre, a national charity dedicated to the emotional wellbeing of children, we're working to ease these formidable problems. We transform the lives of traumatised and distressed children by developing new treatments, finding out what works, then sharing our findings with others. This is what makes us unique - we combine treatment, research and training.



## How we help children and families

At the Anna Freud Centre we strive to find the best ways to help children and young people with emotional difficulties. This clinically acquired experience is then shared with other professionals who work with children and their families. While there are many other agencies that provide direct help of one sort or another for children and young people, we're unique in our ability to develop learning from research and practice into radically new models of intervention.



Up to half of all mental health problems in adults are potentially preventable through supporting parents and helping children and young people, although there is no single solution. Great strides have already been made, but the search for new and effective treatments continues. At the Anna Freud Centre, we focus on improving the emotional wellbeing of children and young people through investment in the continuing discovery and testing of treatments.

Our clinical work - our practice - on the one hand, and our research and training - our learning - on the other, complement and inform each other. In this way we gain unique insights into interventions that deliver real results.

We're renowned worldwide for both our clinical expertise and our research in the field of child mental health.

## A Centre of Practice

We believe that improvement and innovation can only grow out of clinical practice, by confronting the problems we aim to address. That's why we develop, offer and test specialist treatments, working directly with families at the Centre and in outreach settings.

Clinical staff offer a range of short-term and long-term specialist treatments for the most vulnerable groups. Rarely helped by others, these include mothers and babies in prisons and homeless hostels, individual children and young people beset by violence or on the edge of being taken into care, entire families or groups of children, and even entire schools. We're often



called on when other treatments have failed. We directly support over 600 families across London every year.

## A Centre of Learning

Each year we provide cutting edge training for up to 2,000 professionals who work with young people. These include Social Workers, Health Visitors, Clinical Psychologists and Psychiatrists. Through this training the treatments we develop reach children, young people and families across the UK and the world.

The Anna Freud Centre is affiliated with University College London and we offer joint programmes with Yale University in the USA. Our long-established professional reputation and academic recognition make us the most respected voluntary sector agency in the field. Each year we run three Masters of Science postgraduate programmes.

We also advise government in developing guidelines for effective treatments of children and develop treatments that are then rolled out nationally.

Our cutting edge research includes a new state-of-the-art brain imaging EEG laboratory, the only one of its kind in a UK child mental health clinic. This is helping us understand how chronically stressful environments impact on the brain development of infants, young children and adolescents. Our long-term studies in this field are making a major contribution to guidelines for NHS service planners and commissioners.

## How you can help

Our annual costs add up to £3.5 million. We earn income from training courses and contracts for services, but we need to raise £1.8 million a year in grants and donations just to maintain our existing projects. It can cost as much as £10,000 to work with a vulnerable young person and their family for one year. The alternatives are far more expensive to society, as it costs £200,000 per year to place a child in residential care.

Here's what your financial help could provide:

- £320 will provide immediate support for a family in crisis through our telephone service
- £920 per month will fund our outreach work with parents and young children at a homeless hostel
- £1,500 will pay for one family to work together to address their problems
- £18,000 will provide emotional support for the children in one primary school for one year
- £80,000 will run our brain imaging (EEG) lab for one year

For further details about our projects, please contact Jen Black  
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