

About our charity

Our vision is a world where all children and young people are able to achieve their full potential. A world in which they and their families get support that is designed with their input, available at the right time, and meets their needs, so that they can develop their emotional and mental health.

Anna Freud has been pioneering better mental health care for over 70 years. We are the only children's mental health charity to combine research and innovation, clinical practice, and training and dissemination to improve the quality, accessibility and effectiveness of mental health provision for children and young people in the United Kingdom. We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.

Please contact: fundraising@annafreud.org for further information

Registered address
4-8 Rodney Street, London. N1 9JH

Manchester site
Huckletree Ancoats, The Express Building,
9 Great Ancoats Street, Manchester. M4 5AD

Anna Freud
building the mental wellbeing of the next generation

Registered with FUNDRAISING REGULATOR

2.2 million
(est.) children aged 5-16 are suffering from poor mental health

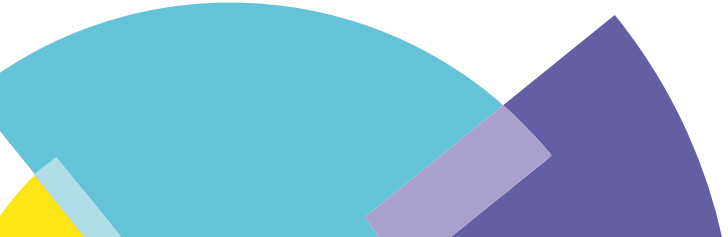
75%
of mental health problems start before the age of 18

87%
of us will be affected by mental ill-health at some point in our lives

only 1 in 4
children and young people who need treatment for a mental health problem are able to access it

£105.2 billion
is the estimated cost of mental ill-health every year in England alone

less than 1%
of the UK NHS budget is spent on mental health care for children



How we carry out our mission

Anna Freud Centre
In May 2019 we opened our unique, purpose-built **Centre of Excellence** for child mental health in Kings Cross, London. For the first time, the best people and organisations in mental health, education, social care, and neuroscience, and importantly, children and their families, are together under one roof, transforming a fragmented sector into a coherent national learning collaboration.

UK Trauma Council
AFNCCF convense the UK Trauma Council to ensure children and young people who experience trauma can be supported quickly and effectively. The UKTC, led by AFNCCF's trauma specialists, brings together stakeholders across the UK to provide: high-quality, targeted and evidence-based materials for a range of audiences; web-based and face-to-face training materials coproduced with parents and young people; an establish network for the sharing of knowledge, best practice and support.

25,000
allied mental health professionals trained worldwide every year

Early Years Programme
AFNCCF has a long-standing, comprehensive model of intervention for babies and young children under the age of five to support healthy social and emotional development. Our work includes **universal baby group**s to support the parent-infant relationship, **targeted infant and toddler groups**, a **specialist day unit** for some of the most vulnerable families and **training the early years workforce** in local areas (Health Visiting, Children's Centres). The programme aims to enable children to regain healthy developmental journeys and support carers to better meet the developmental needs of their children.

70 years of pioneering clinical practice

25
major research studies and evaluations ongoing across expert units

1 million
children, young people and families supported every year

200
children and young people's mental health service supported nationally

Mentally Healthy Schools
Mentally Healthy Schools is a free website for primary schools, offering school staff information, advice and practical resources to better understand and promote pupils' mental health and wellbeing. The site was originally developed in partnership between AFNCCF, Young Minds, Place2Be and The Royal Foundation as a legacy project of the Heads Together campaign. AFNCCF now have full responsibility and ownership of the development and delivery of the Mentally Healthy Schools website.



Pears Family School
Sharing the new Centre of Excellence premises is **Pears Family School**, a specialist school for children with serious emotional and behavioural issues who have been excluded from mainstream schools and their families. By including parents in sessions, where they can better understand the needs of their child, and by combining first class teaching with innovative mental health practice, young people are able to continue with their learning as they recover their emotional wellbeing so they can return to mainstream school.

20 active
collaborations with universities (UCL, Manchester, Cambridge, Harvard and Yale) and charities (Place2Be, Mind, NCB and Charlie Waller Trust)

400
schools taking part in national trials and research programmes

1,242
journal papers and 49,000 citations

445
Postgraduate students
(18% from outside the EU)

HeadStart
HeadStart is a five-year, £56 million National Lottery funded programme set up by the National Lottery Community Fund, the largest funder of community activity in the UK. It aims to explore and test new ways to improve the mental health and wellbeing of young people aged 10 to 16 and prevent serious mental health issues from developing. The Evidence Based Practice Unit at the AFNCCF and UCL is working with six local authority HeadStart partnerships to collect and evaluate evidence about what does and doesn't work locally to benefit young people now and in the future.

76,800
subscribers to our Learning and Schools in MIND networks

Teaching and Training
We teach and train a new generation of clinicians and researchers the latest skills and tools to improve mental health globally.

Practice and systems
We develop new approaches, tools and services that aim to support children, young people and families in distress.

We creatively collaborate nationally and internationally in partnerships which jointly develop a step-change in child mental health and wellbeing.

Research and evaluation
We carry out research to improve understanding of mental health and resilience and to evaluate and improve the treatments and services children and families are offered.

We take a leading role in the development of policy and practice in the UK and beyond to ensure that it is built on science, tested experience and has the input of children, young people and their families.

