

Table 1

Actions	Who
View mental health on the same level as physical health	NHS/Education/Social Work
Tackle inconsistencies age range of CAMHS/Adult services and support groups	NHS/Scottish Government
Secure funding streams for mental health services for early intervention and community based provisions tied in with existing policy	Local authorities/Scottish Government

Table 2

Actions	Who
Better access to mental health first aid training – for professionals and community workers – with a version for young people	
Acknowledge everyone has mental health as much as physical health	

Table 3

Actions	Who
Raise awareness and provide information to young carers re mental health	Everyone
Responsibility not accountability	Hospital and care services
Make sure resources are available – services, counselling, etc.	Partnership between relevant stakeholders
More support to parents, give family based support	
Ask the right questions – what next?	HSCP, third sector, education – Everyone
Look at lives in context – take a holistic approach and good communication	
Early intervention and prevention approach – continuous resources	

Table 4

Actions	Who
Teach children to look after their mental health – emotional intelligence, mindfulness and self-awareness	Education – ties in with Curriculum for Excellence. Train teachers to deliver and get support from other organisations
Young carers service map – display in GP, school, college, university, support centres, etc.	All service providers