

# MINDS-LC: Transforming Youth Mental Health Support

Building a smarter, more inclusive mental health system by linking education, social care, and health data in London

*London Driver Project 2025-2026*

## Project Leads

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## Partners



## Introduction

To create a more sustainable and effective NHS, the 2025 NHS 10-Year Plan outlines three strategic shifts: shifting care from hospitals to communities, focusing on prevention rather than treatment, and embracing digital solutions. With this in mind, mental health support for children and young people (CYP) in particular requires urgent innovation and smarter use of data. CYP make up a significant portion of London's population. In North West London alone, 20.7% of the population is under 18, and many face mental health challenges that can have lasting impacts if not addressed early. Responding effectively and providing timely support for CYP requires scalable, equitable, and proactive data-driven and data-informed strategies.

## Timeline and Impact

MINDS-LC is structured around a sequence of targeted milestones and deliverables:

- **(Nov–Dec 2025): MOU and Data Access**
- **(Nov 2025–Jan 2026): Data Mapping and Integration**, including a mobilisation report on London SDE mental health data assets, led by CNWL's MH SDS refresh
- **(Dec 2025–Mar 2026): Exemplar Project 1 – CYP Mental Health Trends**, including an analytical report on 5-year prevalence and annual incidence of CYP mental health issues across London
- **(Jan 2026–Apr 2026): Exemplar Project 2 – Integrated Neighbourhood Teams**, including early reports on Exemplar Projects 1 and 2, and CYP mental health crisis presentations
- **(Jul–Sept 2026): Exemplar Project 4 – Multi-Agency Support**, including an analysis of patients' interactions across industries and services
- **(Sept–Oct 2026): Convening & System Alignment**, including a final report from convening events with delivery partners

## Project Summary and Outputs

MINDS-LC brings together linked mental health, education, primary care, secondary care and social care data for CYP across London. By building the most comprehensive, integrated dataset of its kind in England, MINDS-LC will enable the deployment and evaluation of innovative, community-based solutions that reduce pressure on acute care, improve equity, and deliver better long-term outcomes for London's children.



### Strengthening Mental Health Support

Enhancing case selection and strengthening quantitative impact evaluation through collaboration with Integrated Neighbourhood teams



### Reducing Mental Health Crisis

Reducing mental health crisis events in CYP through earlier identification and intervention



### Supporting and Evaluating Cross-Sector Approaches

Enabling support for mental health needs across physical and mental health services, schools (including MHSTs), and social care

Outputs from the project will be shared directly with the NWL Research and Innovation Board and, where possible, with other senior ICB stakeholder forums. Communications will also be supported through London's three Health Innovation Networks.

## Patient and Public Involvement and Engagement (PPIE)

### Co-design with Young People's Advisory Group (YPAG)

Strategic guidance on project implementation design, with a focus on effectively prioritising datasets and key thematic areas

### Facilitated Workshops with CYP

Exploring perspectives on sharing deidentified and potentially identifiable data, including appropriate safeguards and ethics

### Public-facing Communications

Broader messaging around mental health/data (including a video created and presented by members of the YPAG)

This work will be led by Alex Weston, the Youth Engagement Manager at Inclusion Barnet and founder/coordinator of the award-winning North West London Young People's Advisory Group (YPAG) on Mental Health, as well as Briony Banks, the Peer Co-production and Engagement Lead at Inclusion Unlimited.