

# Understanding CYP Mental Health & The Sandbox Digital Mental Health Service - Huma Abassi & Emma Sinclair - 11:30-12:00

Can you share some examples of how you have helped CYP with their Mental Health through your HAPpy camps?

Is there a youngest age range that you would work with?

For our HAPpy providers - What do you feel are the benefits of a digital mental health service?

I think we need to be mindful of the digital poverty gap amongst young people...both access to technology and also WIFI access

Definitely think that there is more to be done with Sandbox, never heard of it before and believe that HAPpy needs to have a closer relationship with this

Providers: Reflect on your experience at a HAPpy camp - when a child or young person displays challenging behaviour have you considered it might stem from difficulties they face at home or school?