



UNIVERSITY OF  
OXFORD

THE DAY  
REAL WORLD LITERACY

# Healthy young minds through science

[www.brainwaveshub.org](http://www.brainwaveshub.org)



# Young People's Mental Health is in crisis



## Mental health the top concern for almost three quarters of schools

Dame Rachel de Souza, the children's commissioner for England, says vulnerable pupils facing long waits for treatment, poverty and homelessness need more support



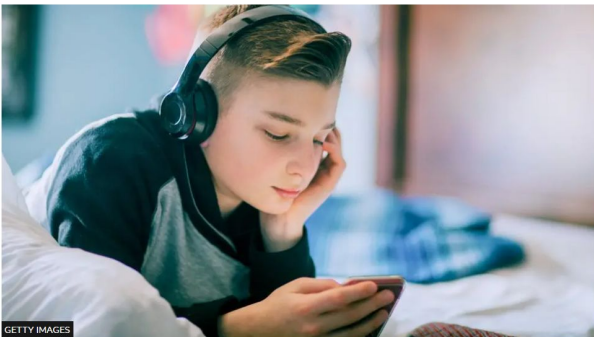
Access to child and adolescent mental health services emerged as a top concern on a table with broke and pencils.

OLGA ZHUKOVSKAYA/GETTY IMAGES

Georgia Lambert, Education | Monday September 08 2025, 12:11

## Mental health: Anxiety, depression and self-harm on rise among teens

© 18 November 2021



GETTY IMAGES

Pressure via social media and from exams have been identified as major causes of mental health issues among teenagers

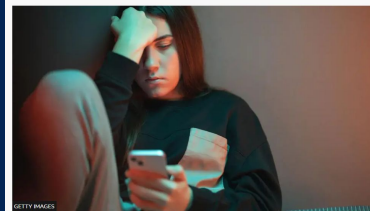
## The Weekend Essay

### The anxious generation – what's bothering Britain's schoolchildren?

As her students await their A-level results, Lucy Kellaway reports on what schools are doing to tackle a mental health crisis



### Sharp rise in problematic teenage social media use, study says



Tom Singleton  
Technology reporter  
23 September 2024

### Self-harm hospital admissions of children show 'frightening rise'

© 9 December 2016



REUTERS

## Surge in young people admitted to hospital in England over mental health

Study finds jump of 65% between 2012-2022 and suggests thousands may not be getting needed specialist care

The Guardian

### Number of children in mental health crisis at record high in England

15 AUG 2023



### 'I just want to feel ordinary' – Is the mental health system failing teens?



Mia says she doesn't want people to feel pity, she just wants to feel "ordinary"

Michael Buchanan  
Social affairs correspondent, BBC News

23 November 2024

Mia spends much of her time staring out her bedroom window, the view dominated by a nearby housing block.

# Our research-led practical response



## Lived experience

BrainWaves works directly with young people to understand their lived experience of mental health in our fast-changing, digital world.

## Accessible research

We have to learn fast and act fast, together, to address this urgent challenge. We collect the latest academic research on adolescent mental health and make that available to researchers globally.

## Lessons to live well

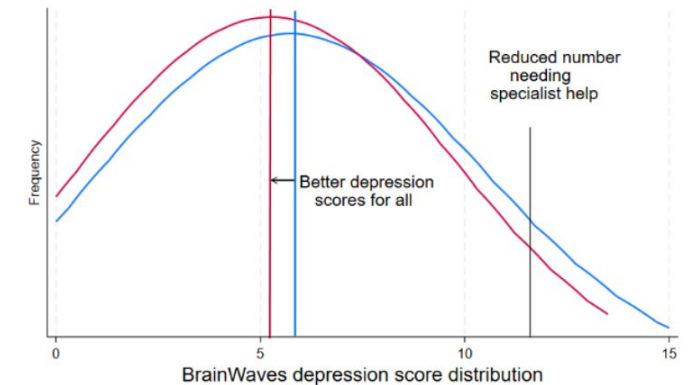
We combine that with the latest academic research to provide lessons for teachers and students on how to live well to manage the mental health crisis

# The BrainWaves approach



- World class **research** + practical **educational tools** for schools
- Focus on **prevention**
- **Population-based** approach
- **Young people as agents** of their own wellbeing
- **Open, collaborative** approach with free distribution of resources

## Population Impact on depression



# Free lessons for schools



# Progress so far:



- **24,400+** students have contributed data to date, creating the largest UK 16+ adolescent wellbeing **dataset** and now growing to include young people from 11+
- **18** papers published or in development, 32 requests to the data hub.
- **72** Research Schools
- **25** accredited wellbeing lessons have been developed to date and distributed to over **1,800** schools registered to benefit, reaching hundreds of thousands of students nationwide.
- Over **3,000 teachers** have engaged with BrainWaves' free CPD webinars.
- First **Annual Conference** planned for July 2026
- Awarded the 2025 British Education Technology & Training **Award** for Best Wellbeing and Safeguarding Resources for Schools.

*“Implementing the BrainWaves Wellbeing Curriculum has profoundly impacted our students’ mental health and development...fostering a sense of agency in managing their mental health”*

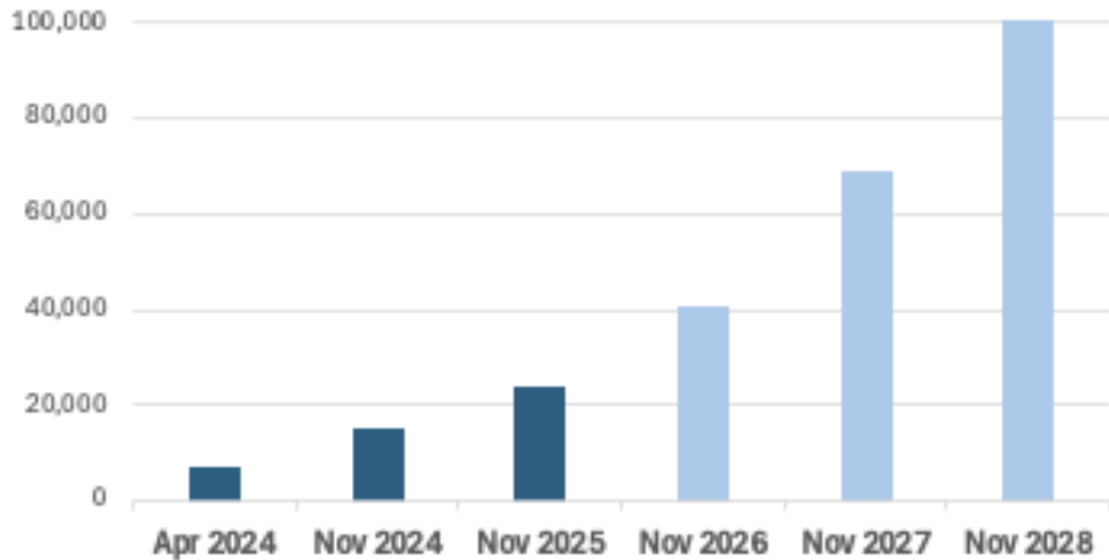
— Christina Johnston,  
Assistant SENCO & Head of Research

[Read our 2026 Impact Report](#)

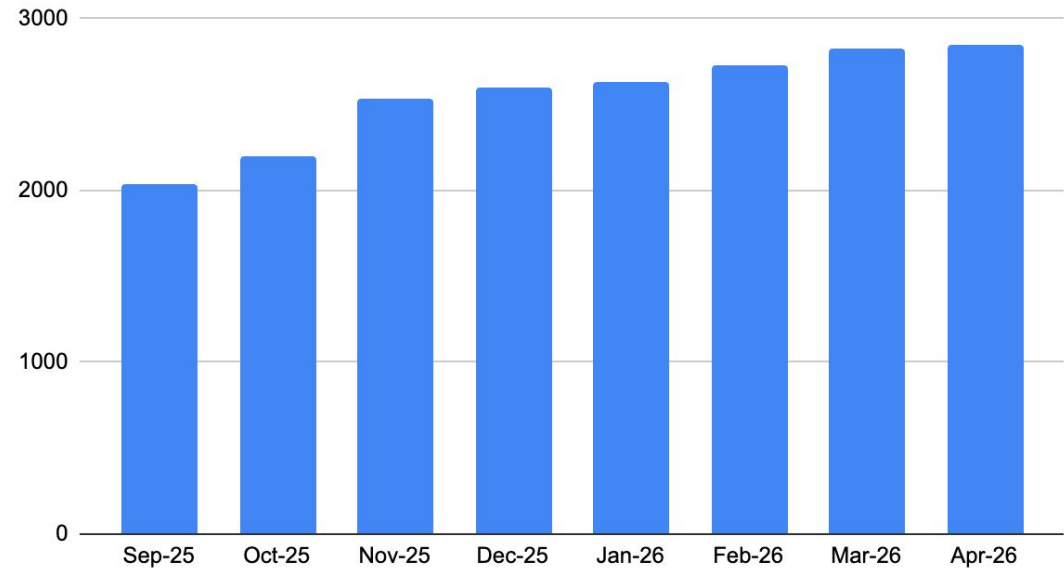
# Schools/Cohort Growth & Engagement



### Cumulative Unique Participants forecast



### Unique organisations registered to use lessons



# Renewd Alpine Challenge for BrainWaves



Campaign by BrainWaves Research

In September 2026, we're heading to the Alps to take on the Renewd Alpine Challenge—two days of hiking in Chamonix to raise funds for BrainWaves, supporting young people's mental health.

Closes 31/10/2026

## Story

We're taking on the Renewd Alpine Challenge for BrainWaves—a unique fundraising experience set in the stunning French Alps.



£653

raised of £20,000 target by 4 supporters

Give Now

Share

## Be a fundraiser

Create your own fundraising page and help support this cause.

Start fundraising



BrainWaves Research

RCN 1213437

www.brainwaveshub.org

BrainWaves is a long-term research and education program developed in collaboration with the University of Oxford, The Day News and Media and Swansea University. Our mission is to address the growing youth mental health crisis by building the evidence base and creating resources to help schools and young people.



[Renewd Alpine Challenge for BrainWaves - Just Giving Page](#)



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# Thank you

## Healthy young minds through science

BrainWaves Research is a registered charity (1213437) and company (16277268) in England and Wales.

