

# Pan-Sussex Digital Mental Health Communications Training: Key Stats

**200+**

**professionals signed up for the training**

54 in Brighton & Hove, 66 in East Sussex, 84 in West Sussex

**94% of participants rated the training as 'excellent' or 'good'**



The elements participants valued most were  
**'inclusion of young people' and  
'the trauma-informed approach'**

**91% felt they had a better understanding**  
of digital communication with CYP as a result of the training



## Recommendations and key takeaways:



**Communicate using  
platforms that  
CYP engage with**



**Services need to  
collaborate with  
young people**



**Inclusion of diverse  
young people is key  
for accessibility**

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My key takeaway is to ensure young people are involved in mental health service developments, decisions, and delivery... their feedback is put into action and that they know their time and effort has resulted in change.

**Participant from East Sussex**



Brilliant training. It was powerful having e-wellbeing ambassadors involved in the training and sharing their own personal experiences and what they like when accessing services.

**Participant from Brighton & Hove**

