



# About HeadStart



Our key findings include the following:

There is a moderate association between mental health problems and subjective wellbeing.

Not all factors impact both mental health problems and subjective wellbeing. In fact, half of these factors had an association with both mental health problems and subjective wellbeing. These include:

- ☐ gender
- ☐ being Asian or Black (compared to being White)
- ☐ being from a mixed ethnic background (compared to being White)
- ☐ special education needs
- ☐ free school meals eligibility
- ☐ problem solving
- ☐ goals and aspirations
- ☐ emotion regulation
- ☐ perceived stress
- ☐ family connection

Child in need status, empathy and school connection were only related to mental health problems.

Prosocial behaviour, peer support, community connection, participation in community life, support a

## Discussion

We found a moderate link between mental health problems and wellbeing, suggesting that mental health and wellbeing are related but are not the same. We identified factors that are distinctly related to mental health problems and factors that are distinctly related to subjective wellbeing. Our findings highlight:

the importance of not only focusing on preventing or treating mental health problems, but also focusing on improving children's wellbeing

that we are likely to get a better picture of how well a young person is functioning if we consider their mental health and their wellbeing, alongside each other

that programmes focusing on preventing or treating mental health problems should also consider improving children's wellbeing.

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