Kirsten O’Brien presents the MedEquip4Kids Charity Appeal on BBC Radio 4 in support of children’s mental health

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On Sunday 17th April, children's charity MedEquip4Kids will feature as BBC Radio 4's Charity Appeal for the week. The charity is asking for resources such as books, toys and games forChild and Adolescent Mental Health Services (CAMHS) across the UK.

Children's television and radio presenter Kirsten O'Brien will present the appeal on behalf of the charity, explaining the vital importance of good mental health in young people, and how the public can help.

Kirsten says: “I've spent years working in kids' telly, and now I have a cheeky little four year-old son of my own. So I understand exactly how important it is to provide help for kids when they're feeling ill, physically or mentally. MedEquip4Kids make a real difference to kids around the UK, and this year they're aiming to help more children with mental health problems. If you can support them too, we can get more vital resources where children really need them.”

One in every ten children and young people aged 1-15 has a mental health condition. These include anxiety, depression, self-harm, eating disorders, and autism spectrum disorders. Early intervention, treatment and care is crucial to support these young people and give them the chance of better mental health. But CAMHS are struggling to afford all the resources they need.

Since 2014, MedEquip4Kids has raised over £60,000 to equip 90 CAMHS teams across the UK with books, games, stress toys, art materials, and emotion cards to help children understand and communicate their feelings. These specialist materials are really helping CAMHS to support children with mental health problems.
MedEquip4Kids is now appealing for funds to support more CAMHS teams nationwide. The appeal on BBC Radio 4 will be broadcast at 7.55am on Sunday 17th April and will be repeated at 9.25pm on Sunday 17th and at 3.25pm on Thursday 21st April.

MedEquipKids improves children's healthcare by providing equipment not available from limited NHS resources. Since 1985, the charity has raised over £20 million and last year its work benefited the health of over 128,000 babies and children. For more information, visit www.medequip4kids.org.uk or call 0161 798 1600.

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