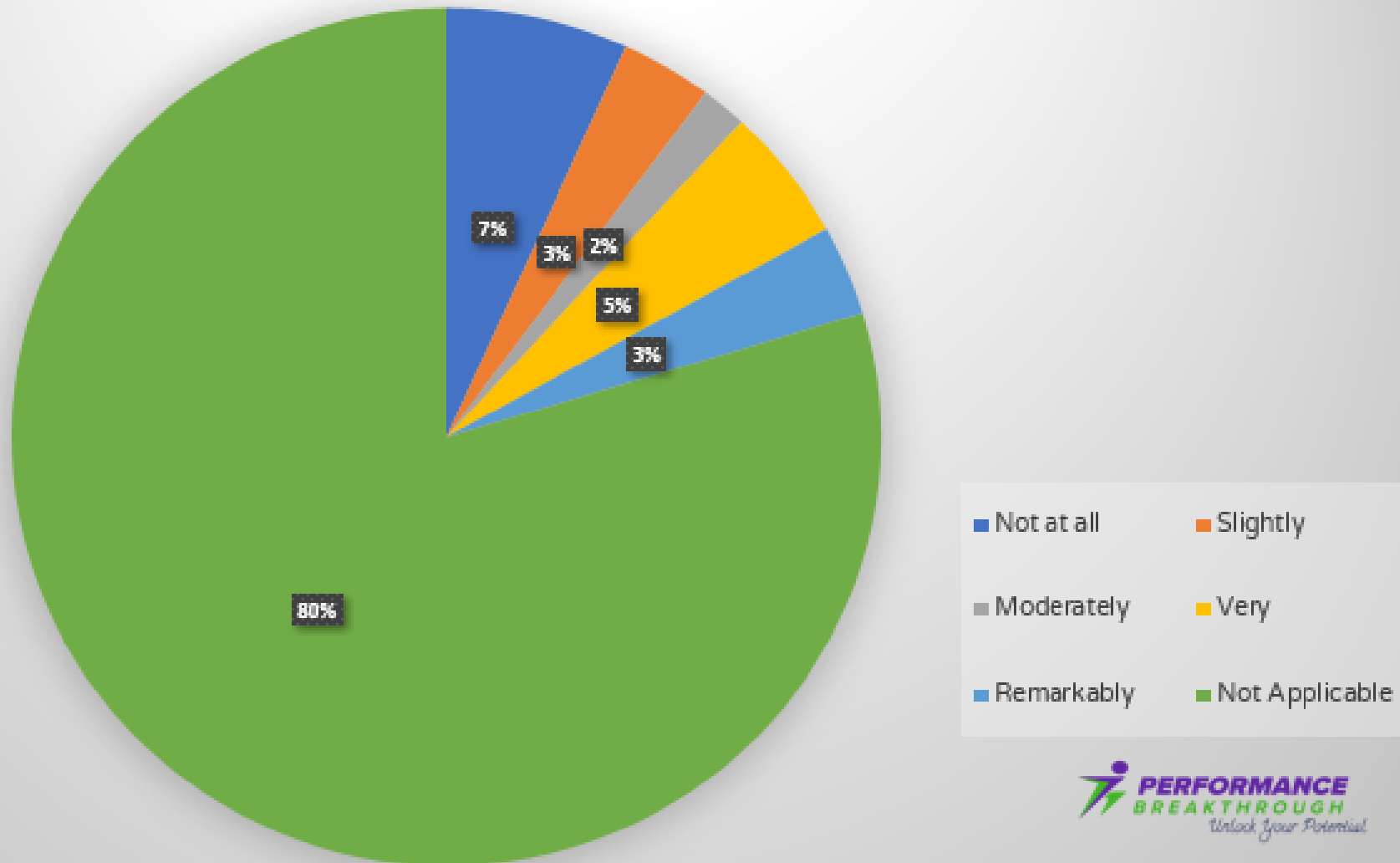


Performance Breakthrough Mental Wellbeing Survey (Jan to Mar 2020)

Since starting the Performance Breakthrough programme,
2% of the respondents said their child's mental health improved moderately
5% of the respondents said their child's mental health improved very much or remarkably.

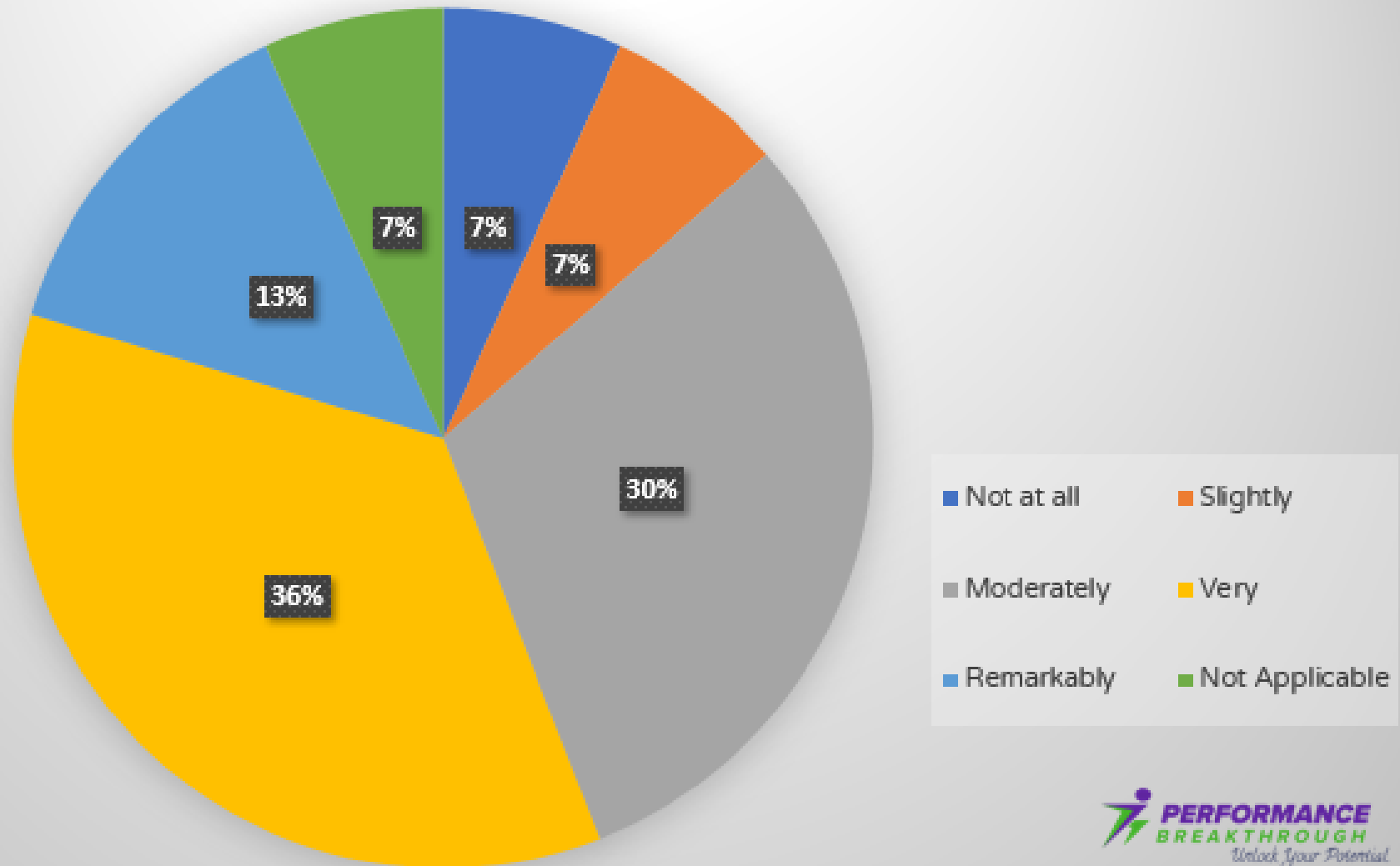
Mental Health Concerns



Performance Breakthrough Mental Wellbeing Survey (Jan to Mar 2020)

Since starting the Performance Breakthrough programme,
30% of the respondents said their child's anger and frustration improved moderately
49% of the respondents said their child's anger and frustration improved very much or remarkably.

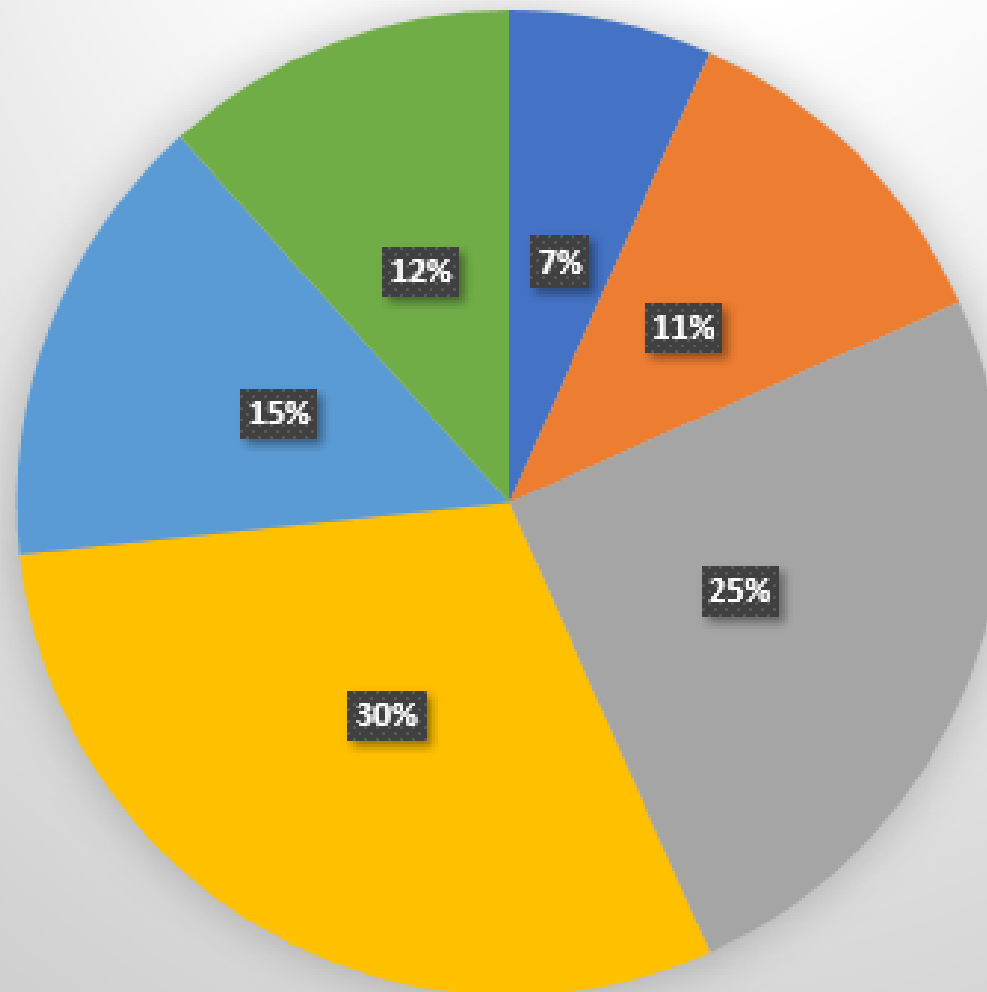
Anger / Frustration



Performance Breakthrough Mental Wellbeing Survey (Jan to Mar 2020)

Since starting the Performance Breakthrough programme,
25% of the respondents said their child's anxiety improved moderately,
45% of the respondents said their child's anxiety improved very much or remarkably.

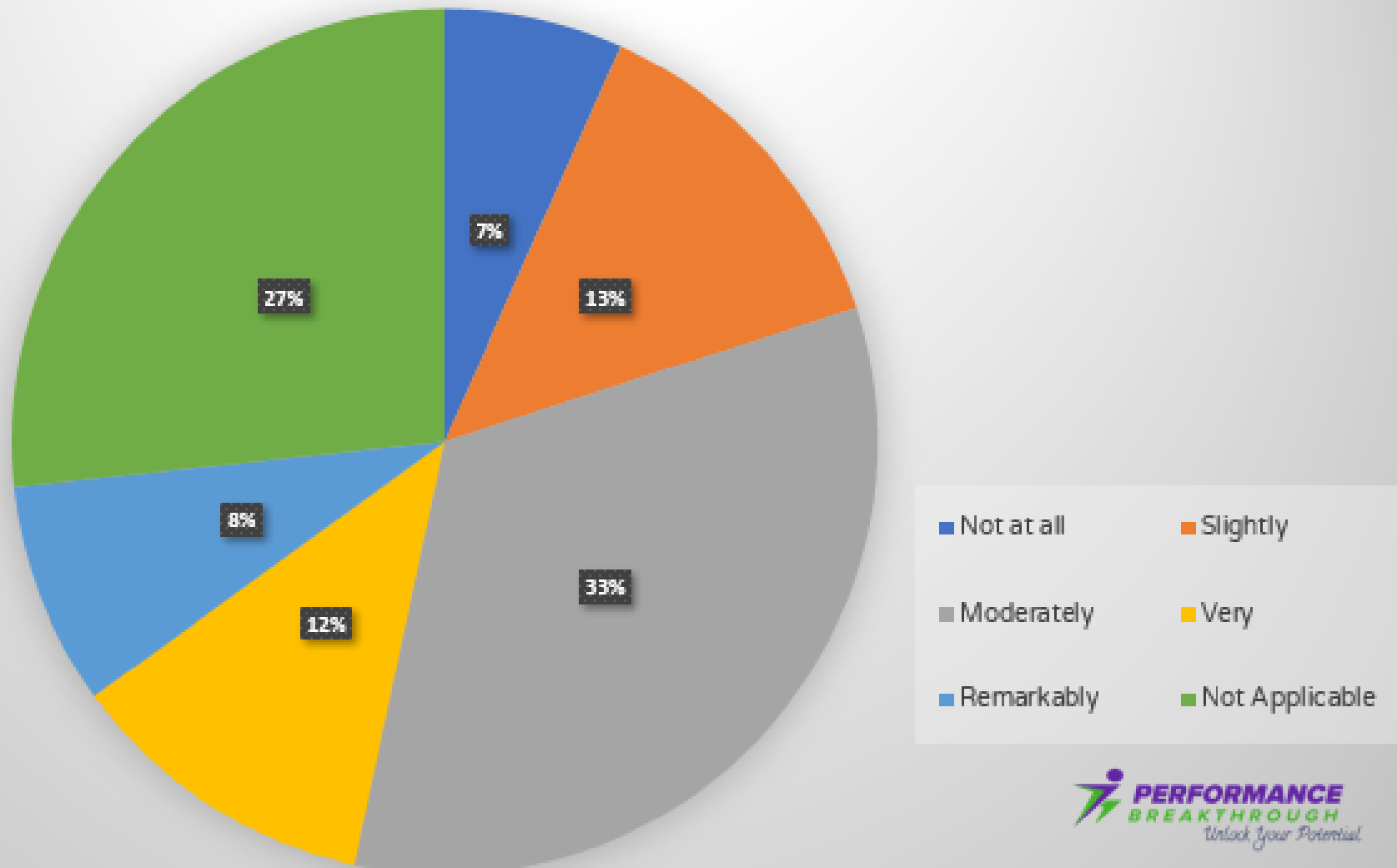
Anxiety



Performance Breakthrough Mental Wellbeing Survey (Jan to Mar 2020)

Since starting the Performance Breakthrough programme,
33% of the respondents said their child's social anxiety improved moderately
20% of the respondents said their child's social anxiety improved very much or remarkably.

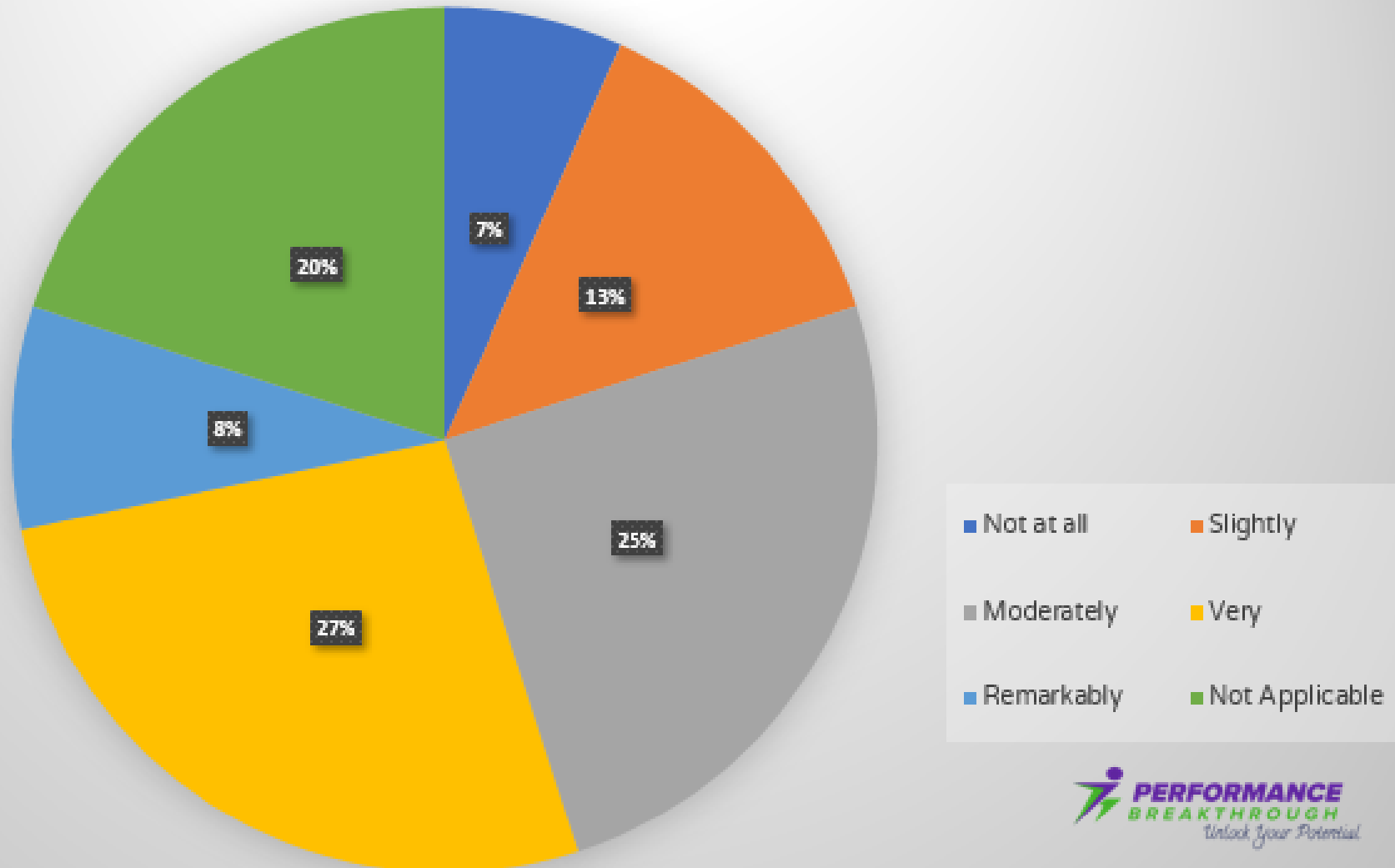
Social Anxiety



Performance Breakthrough Mental Wellbeing Survey (Jan to Mar 2020)

Since starting the Performance Breakthrough programme,
25% of the respondents said their child's stress improved moderately
35% of the respondents said their child's stress improved very much or remarkably.

Stress



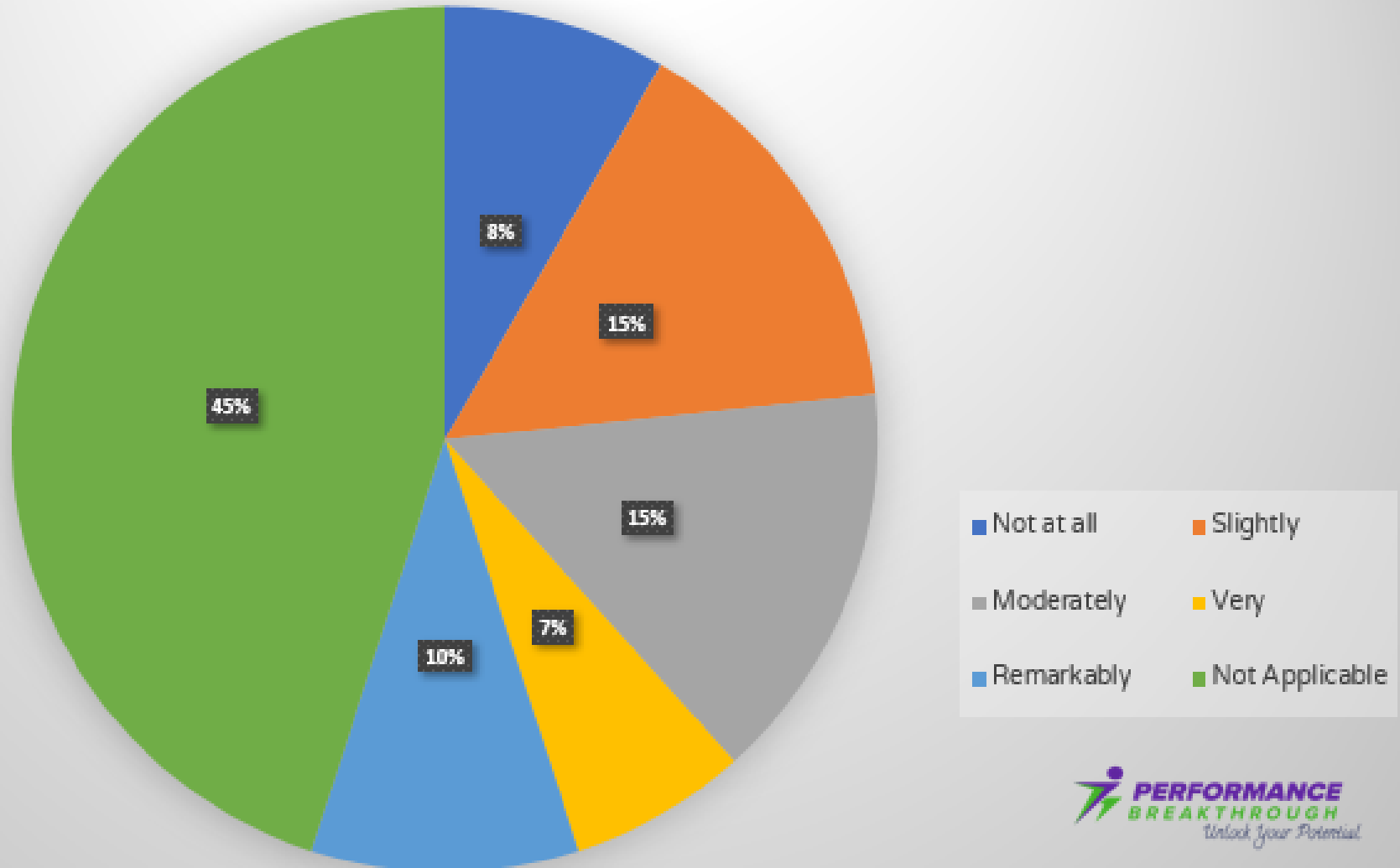
Performance Breakthrough Mental Wellbeing Survey (Jan to Mar 2020)

Since starting the Performance Breakthrough programme,

15% of the respondents said their child's sleeping problems improved moderately

17% of the respondents said their child's sleeping problems improved very much or remarkably.

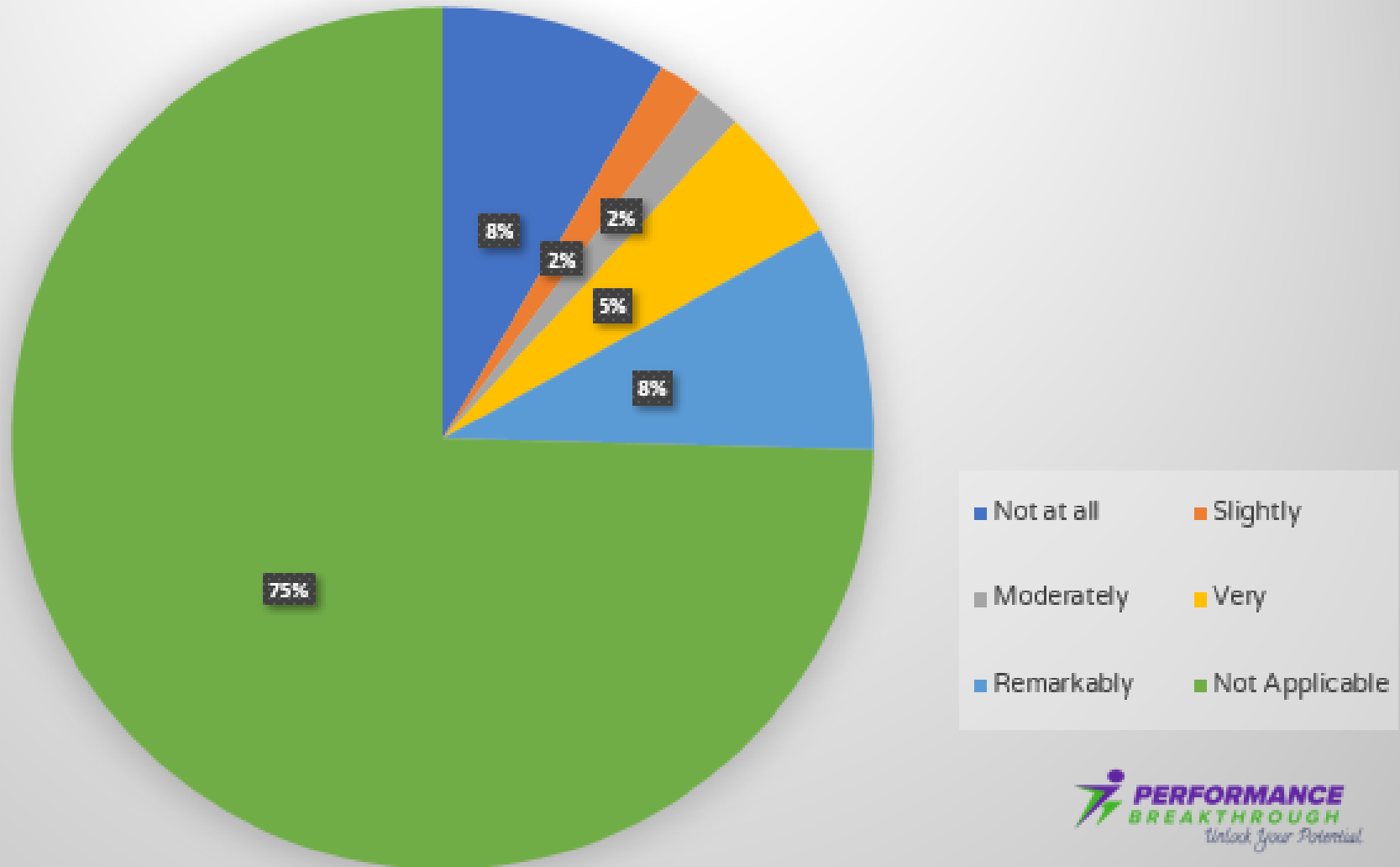
Sleeping Problems



Performance Breakthrough Mental Wellbeing Survey (Jan to Mar 2020)

Since starting the Performance Breakthrough programme,
2% of the respondents said their child's self-harming improved moderately
13% of the respondents said their child's self-harming improved very much or remarkably.

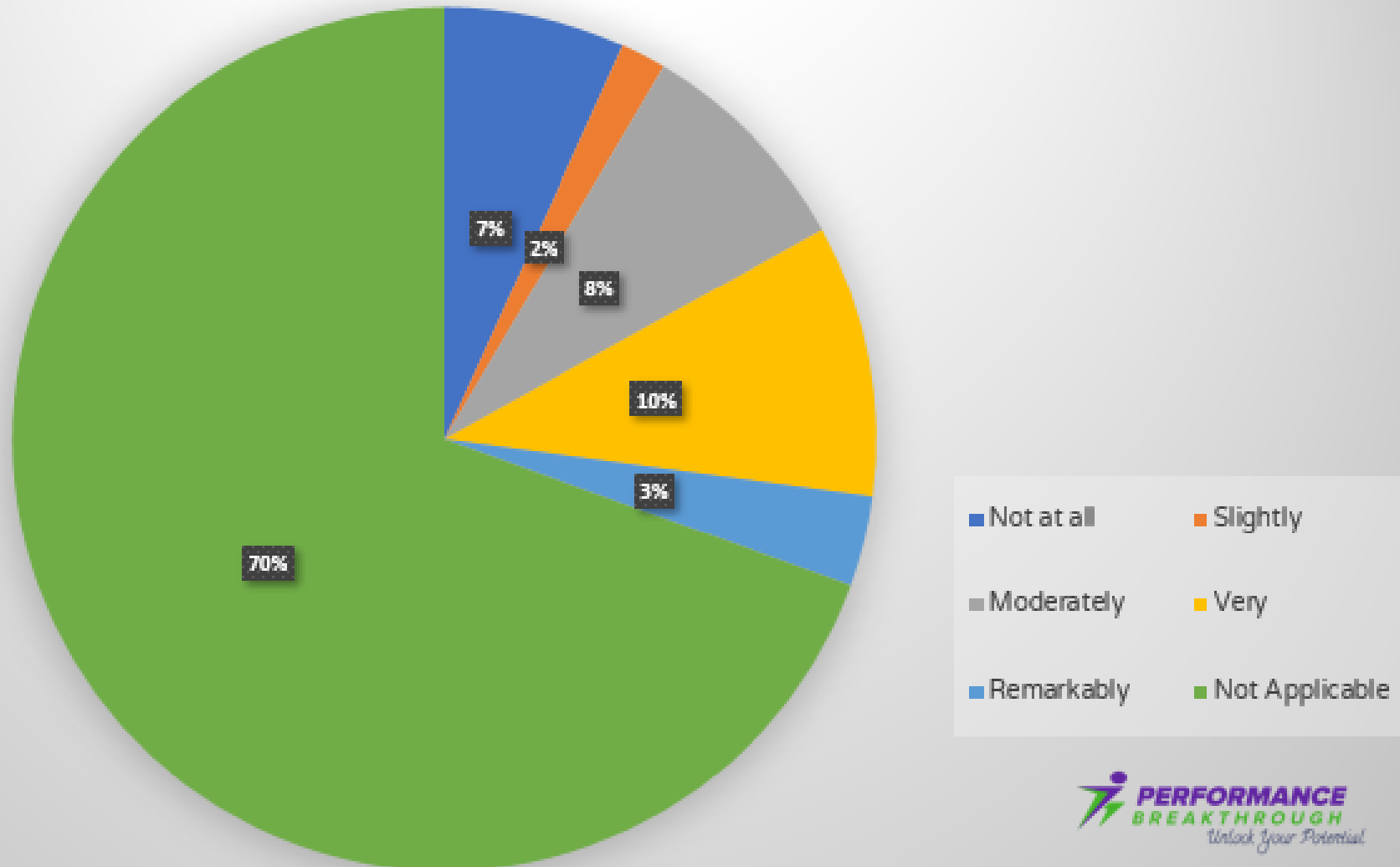
Self-harm



Performance Breakthrough Mental Wellbeing Survey (Jan to Mar 2020)

Since starting the Performance Breakthrough programme,
8% of the respondents said their child's depression improved moderately
13% of the respondents said their child's depression improved very much or remarkably.

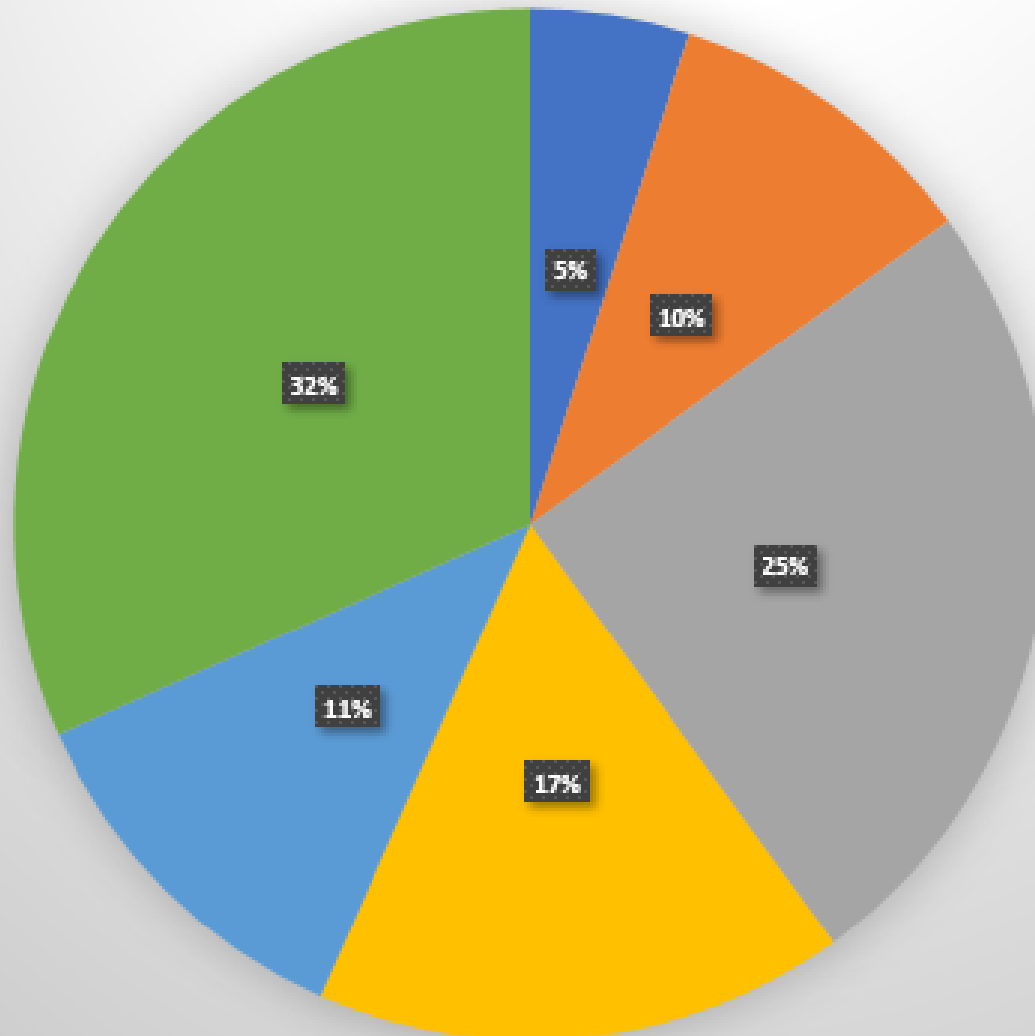
Depression



Performance Breakthrough Mental Wellbeing Survey (Jan to Mar 2020)

Since starting the Performance Breakthrough programme,
25% of the respondents said their child's sense of panic or fear improved moderately
43% of the respondents said their child's sense of panic or fear improved very much or remarkably.

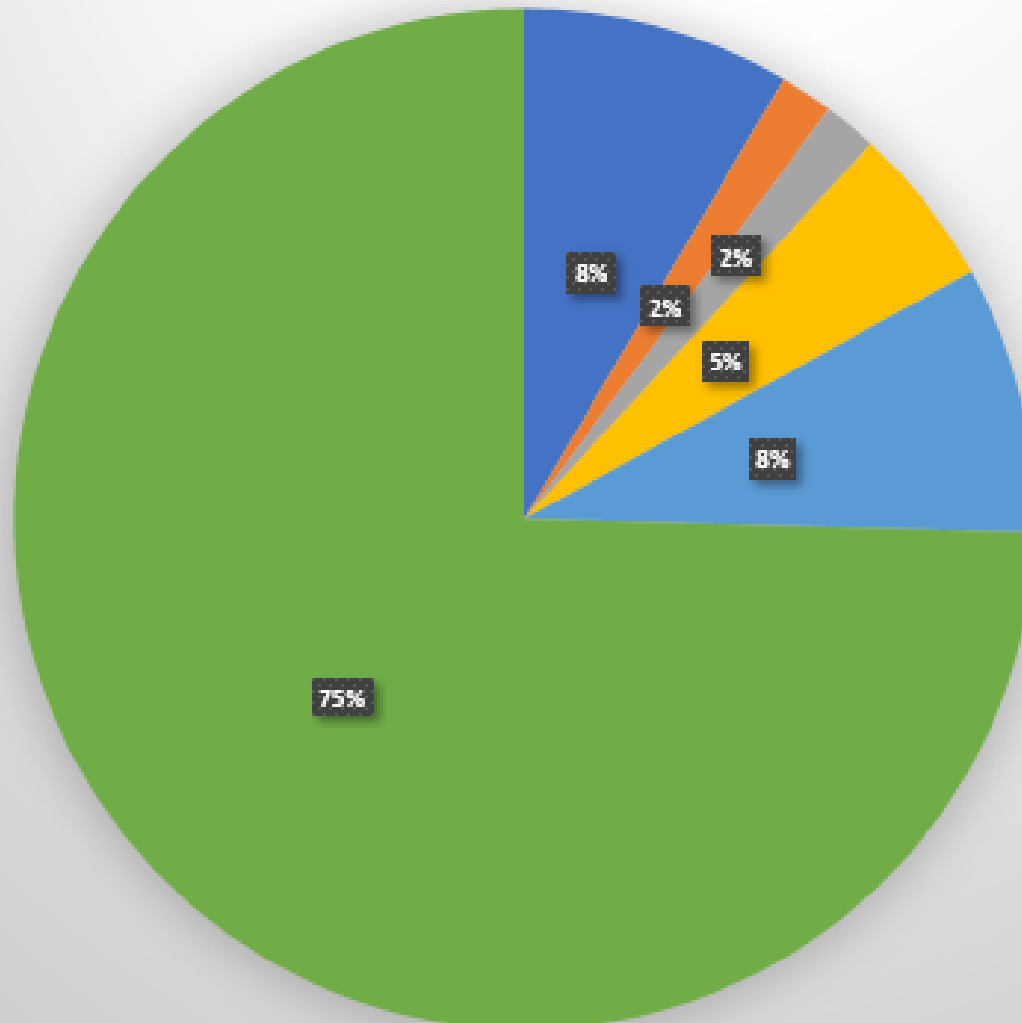
Panic /Fear



Performance Breakthrough Mental Wellbeing Survey (Jan to Mar 2020)

Since starting the Performance Breakthrough programme,
2% of the respondents said their child's self-harming improved moderately
13% of the respondents said their child's self-harming improved very much or remarkably.

Self-harm



- Not at all
- Slightly
- Moderately
- Very
- Remarkably
- Not Applicable

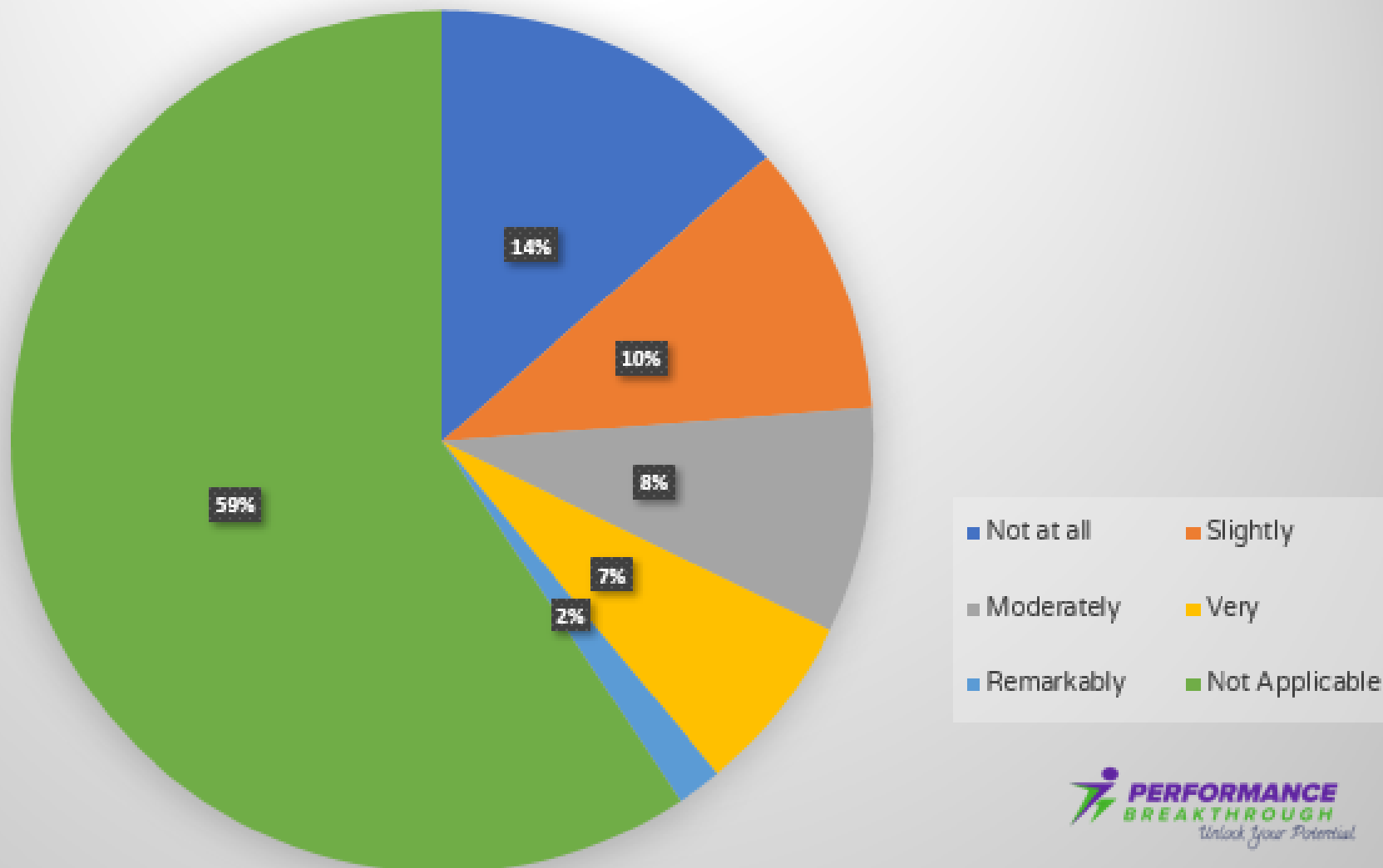
Performance Breakthrough Mental Wellbeing Survey (Jan to Mar 2020)

Since starting the Performance Breakthrough programme,

8% of the respondents said their child's eating problems improved moderately

9% of the respondents said their child's eating problems improved very much or remarkably.

Eating problems



Performance Breakthrough Mental Wellbeing Survey (Jan to Mar 2020)

Since starting the Performance Breakthrough programme,

22% of the respondents said their child being over-active / excited improved moderately

35% of the respondents said their child being over-active / excited improved very much or remarkably.

Over-active / Excited

