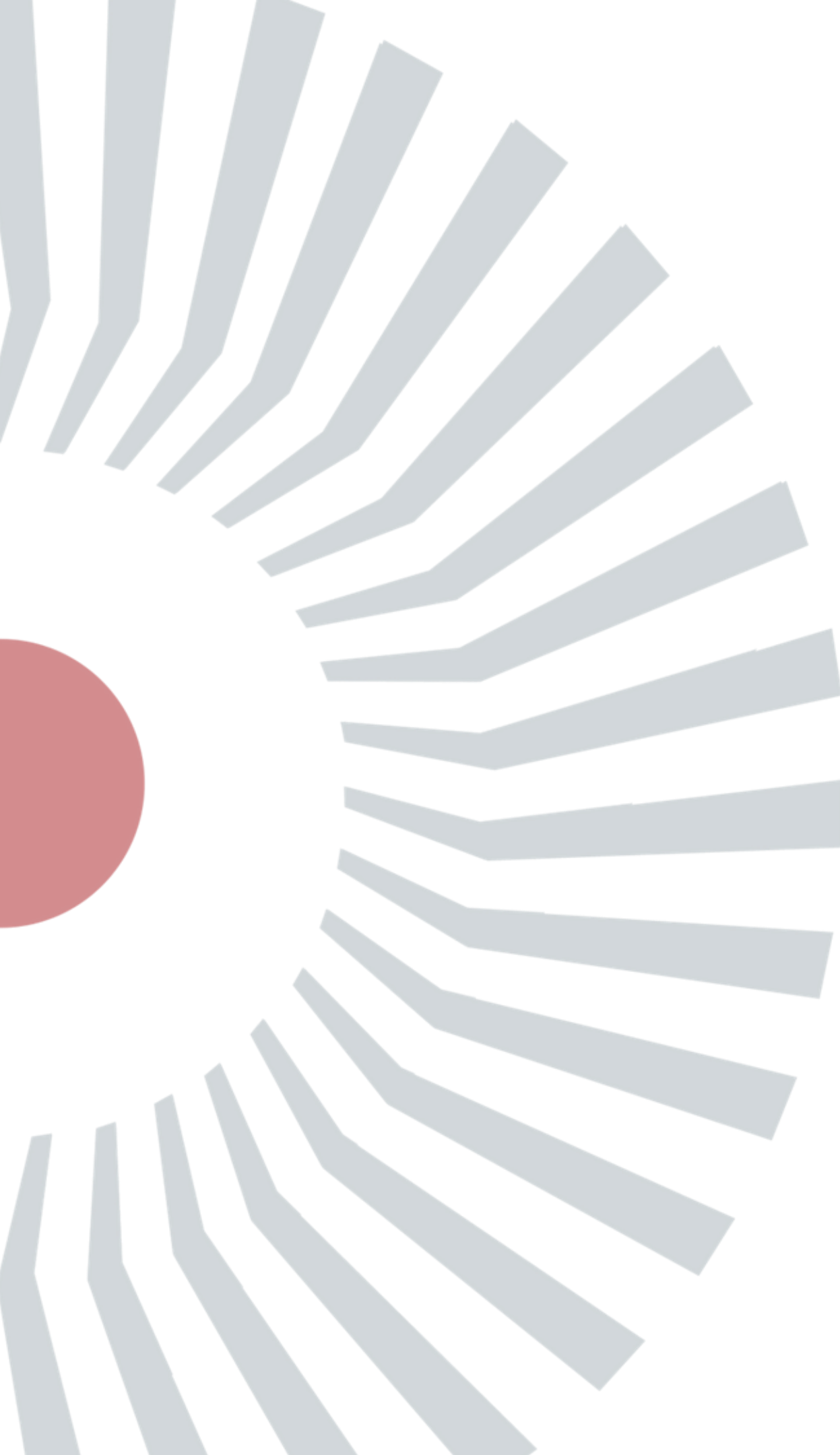




Bridging the Gap:

Understanding the mental health impact of neurological conditions on children and young people

September 2026

Neurological Alliance of Scotland

Aims of this presentation



To inform professionals working with children and young people about the specific needs of children affected by neurological conditions relating to their mental health.



Use lived experience data to highlight the impact on mental health for those who cannot access support due to lack of understanding of their condition.



Share sources of help and advice that are available.

2. Overview of neurological conditions

**Don't
assume
I'm ok**



1 in 6 people live with a neurological condition

How common are neuro conditions in children and young people?



There is limited data on prevalence of neurological conditions – and this presents real challenge. **Without knowing prevalence we cannot adequately plan services.**

Estimates of prevalence for 25 neurological conditions have been updated in 2026: 3. Findings - Neurological Conditions: estimated prevalence in Scotland in 2026 - gov.scot

Some statistics we do know for total population numbers (we do not have disaggregated GP data for CYP):

Epilepsy (83,558) 1.4% of GP registered patients	ME (30,513) 0.5% of GP registered patients	FASD 3-5% of the general population (or 1 in 20)	Cerebral palsy (9,152) 1.6-3.4 per 1,000 live births	Spina bifida (10,983) 1-2 per 10,000	Retts disease 1:10,000 girls born each year; rarer in boys
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1.1 million people live with a neurological condition in Scotland – that’s one in six people

United Nations Convention on the Rights of Child



