

Basic Mental Health Awareness (Children & Young People)

Overview

- What is mental health?
- The statistics
- What can affect children and young peoples mental health?
- What to look out for?
- Protecting, promoting and supporting children and young people's mental health
- Looking after yourself

What is mental health?

- “Mental health is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”

(World Health Organisation)

Statistics

- 1 in 6 school aged children have a mental health problem
- 75% of adults with a diagnosable mental health problem experience the first symptoms by the age of 24
- Suicide is the largest cause of mortality for young people under 35
- Young people in the youth justice system are 3 times more likely than their peers to have a mental health problem
- Children affected by learning disabilities are 3 times more likely to have a mental health problem
- Children from the poorest 20% of households are four times as likely to have serious mental health difficulties by the age of 11 as those from the wealthiest 20%

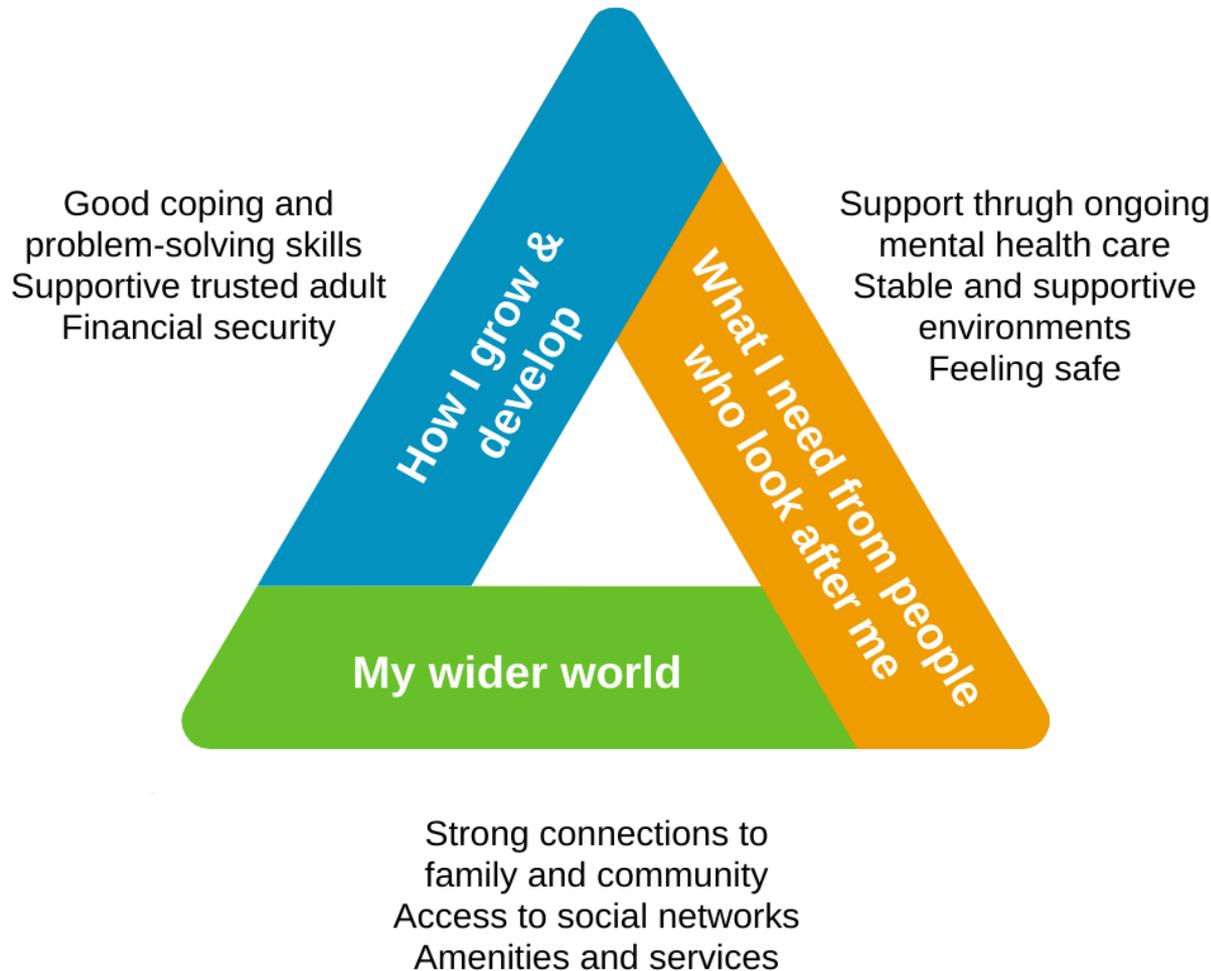
What can affect children and young people's mental health?

- Poverty
- Bereavement
- Imprisonment
- Divorce/separation
- Bullying
- Long term illness
- Physical abuse
- Sexual abuse
- Peer pressure
- School pressures
- Caring responsibilities
- Addiction

What to look out for?

- Withdrawn
- Decline in school performance
- Physical appearance
- Aggressive
- Changes in eating/sleeping habits
- Self harming behaviours
- Absenteeism from school, youth clubs
- Lack of interest in things they used to enjoy

Protecting, promoting and supporting CYP mental health



Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....