

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 peoples' 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



- In 2023, 1 in 5 children and young people aged 8-25 had a health difficulty
- 1 in 3 young carers are estimated to experience a mental health problem
- Young women aged 17-25 are twice as likely to have a mental health problem compared with young men of the same age
- Young people who identify as LGBTQ+ have higher rates of common mental health problems and lower wellbeing than heterosexual young people
- Young Refugees and asylum seekers are more likely to experience poorer mental health than the general population
- Children from the poorest 20% of households are **4 times** as likely to have serious mental health difficulties by the age of 11 as those from the wealthiest 20%

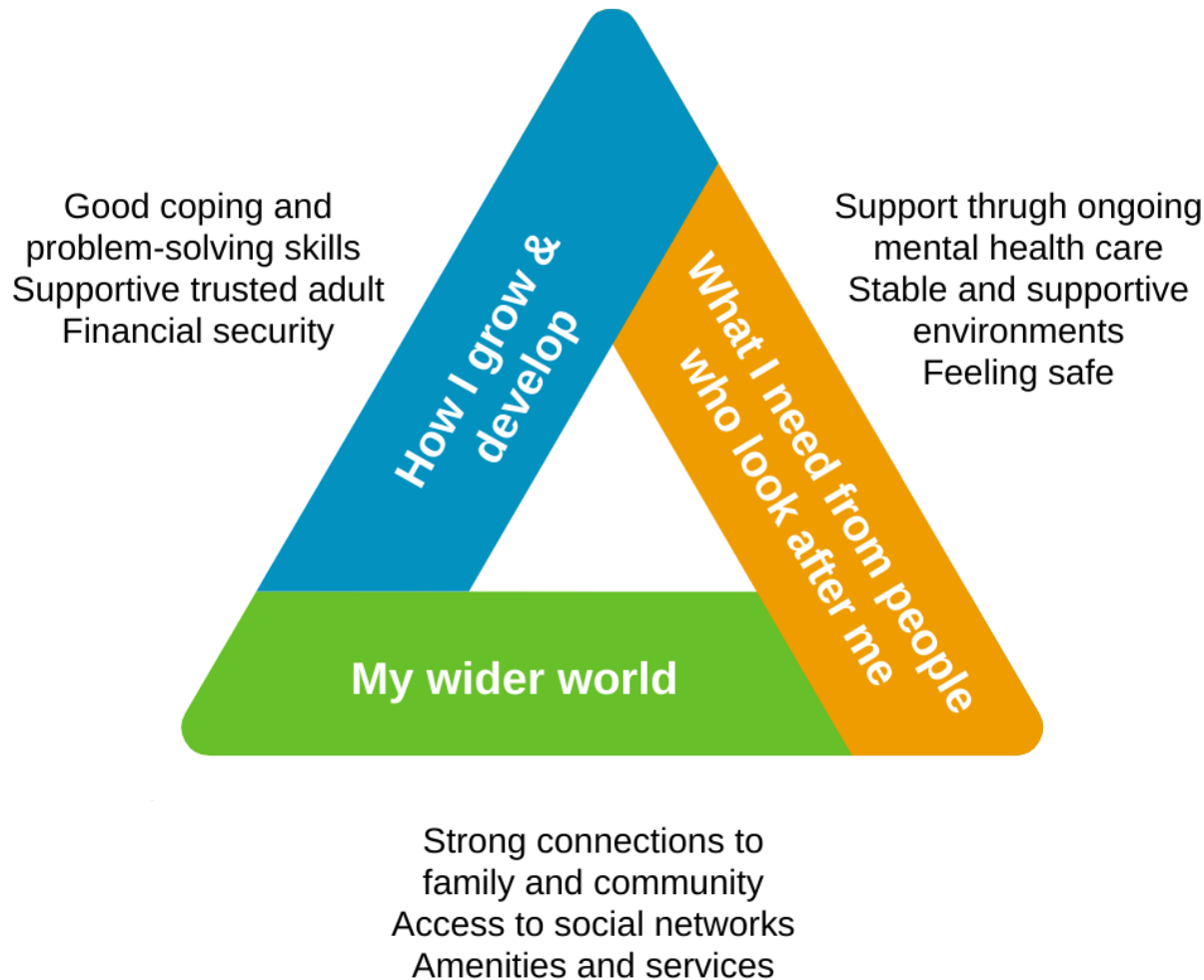
What can affect children and young people's mental health?

- 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- Withdrawn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.....