

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 that enables people to cope with the stresses of life, realise their abilities, learn and work well, and contribute to their community. It has intrinsic and instrumental value and is a basic human right.”

(World Health Organisation)

Statistics



- In 2025, over 1 in 5 children aged 8-16 in Scotland have experienced mental health problems
- Over half of young carers in the UK say their mental health has worsened because of their caring role
- 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 in Scotland in financially struggling households twice as likely to experience poor mental health.

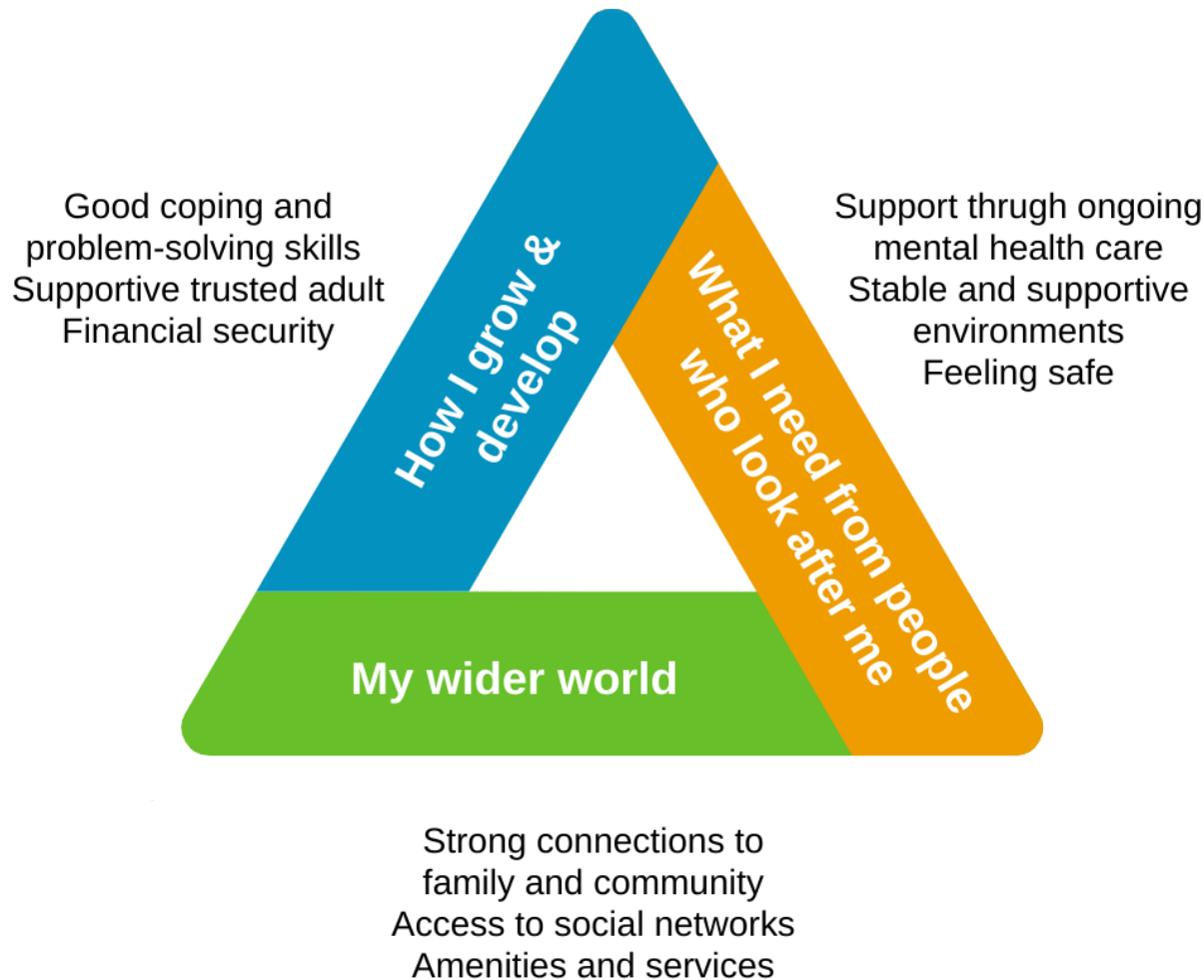
What can affect children and young people's mental health?

- Poverty and inequality
- Discrimination
- Bereavement
- Caring responsibilities
- Imprisonment
- Divorce/separation
- Long term illness
- Physical abuse
- Sexual abuse
- Peer pressure
- School pressures
- Bullying
- Substance use
- Social media use

What to look out for?

- Emotional changes
- Behavioural changes
e.g. withdrawn/
aggressive
- Physical appearance
- Changes in
eating/sleeping habits
- Self harming
behaviours
- Decline in school
performance
- Absenteeism from
school, youth clubs
- Lack of interest in
things they used to
enjoy
- Increased risk
taking

Protecting, promoting and supporting CYP mental health



Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....