

KEY ISSUES

Depression

Feeling sad or fed up is a normal reaction to experiences that are difficult or stressful. Sometimes these feelings of sadness can go on for some time and can start to interfere with everyday life.

Anybody can suffer from depression and it happens in people of all ages, races, income levels and educational levels. Teenage girls are twice as likely as teenage boys to be depressed. There is no specific cause for depression. It can be caused by a mixture of things, rather than any one thing alone. Depression may be triggered by stressful life events like bullying at school, parental separation or divorce, bereavement or conflicts with family members or friends.

Useful resource:

Positive Mental Attitudes:
www.mindree.org.uk/video/positive-mental-attitudes-%e2%80%93-schools-curriculum-pack

Useful websites:

www.youngminds.org.uk/for_children_young_people/whats_worrying_you/depression
www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/youngpeople/depressioninyoungpeople.aspx

Recommended training:

Scottish Mental Health First Aid Training (Young People)



Body Image

Body image is how you see yourself when you look in the mirror or when you picture yourself in your mind. It encompasses what you believe about your own appearance, how you feel about your body, including your height, shape, and weight. A negative body image is when you feel ashamed, self-conscious, and anxious about your body. Whereas a positive body image is a clear, true perception of your shape - you see the various parts of your body as they really are. We all may have our days when we feel awkward or uncomfortable in our bodies, but the key to developing positive body image is to recognise and respect our natural shape and learn to overpower those negative thoughts and feelings with positive, affirming and accepting ones

Useful resource:

Dove Self Esteem Project. www.selfesteem.dove.co.uk/

Useful websites

www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/#.WDRhAIdFCM8

Recommended training

Scottish Mental Health First Aid Training (Young People)



TRANSFORMING CHILD AND YOUTH MENTAL HEALTH
A GUIDE TO PROTECTING AND PROMOTING GOOD MENTAL HEALTH

HEALTH IMPROVEMENT CONTACTS IN YOUR AREA

MENTAL HEALTH IMPROVEMENT TEAM	T: 0141 287 0480
EAST RENFREWSHIRE HEALTH IMPROVEMENT	T: 0141 451 0749
EAST DUNBARTONSHIRE HEALTH IMPROVEMENT	T: 0141 304 7449
GLASGOW HSCP NORTH EAST SECTOR HEALTH IMPROVEMENT	T: 0141 232 0166
GLASGOW HSCP SOUTH SECTOR HEALTH IMPROVEMENT	T: 0141 232 8035
GLASGOW HSCP NORTH WEST HEALTH IMPROVEMENT	T: 0141 211 0317
INVERCLYDE HEALTH IMPROVEMENT	T: 07748 703087
RENFREWSHIRE HEALTH IMPROVEMENT	T: 01505 821800
WEST DUNBARTONSHIRE HEALTH IMPROVEMENT	T: 01389 776990

Suicide

Suicidal thoughts are quite common but we tend not to talk about them. It can be embarrassing or frightening to tell someone else about such private thoughts.

Talking openly about suicide, about thoughts of dying, is a way to reduce the stigma which prevents many people from seeking help or talking about how they feel. If you suspect someone may be feeling suicidal, ask them – it could save their life.

Useful resource:

What's on your mind?
www.seemescotland.org/young-people/whats-on-your-mind/

Useful websites:

www.chooselife.net/
www.rcpsych.ac.uk/healthadvice/problemsdisorders/feelin-goverwhelmed.aspx

Recommended training:

Scottish Mental Health First Aid Training (Young People)
SafeTALK and Applied Suicide Intervention and Skills training (ASIST)

Self Harm

"Is an act which involves deliberately inflicting pain and/or injury to one's own body, but without suicidal intent. It is usually an attempt to stay alive in the face of great emotional pain" (The Basement Project).

Self harm among young people is a significant and growing public health concern. On average two teenagers in every secondary school classroom will have hurt themselves in response to the pressure of growing up in an increasing complex and challenging world. Staff working with children and young people must feel confident and equipped to deal with those experiencing emotional distress and who may be at risk of deliberate self harm.

Useful resource:

On Edge: Learning About Self Harm
www.mindree.org.uk/video/edge-learning-about-self-harm-millies-story

Useful websites

www.basementproject.co.uk
www.nshn.co.uk

Recommended training

Mindset e-learning module self harm
www.selfharmlifelines.org.uk/register.html
What's the Harm

Resilience

Resilience is a key factor in protecting and promoting good mental health and is defined as an individual's ability to successfully adapt to life tasks in the face of social disadvantage or highly adverse conditions. Adversity and stress can come in the shape of family or relationship problems, health problems, or school and financial worries, among others. Resilience is one's ability to bounce back from a negative experience with competent functioning.

Useful resource:

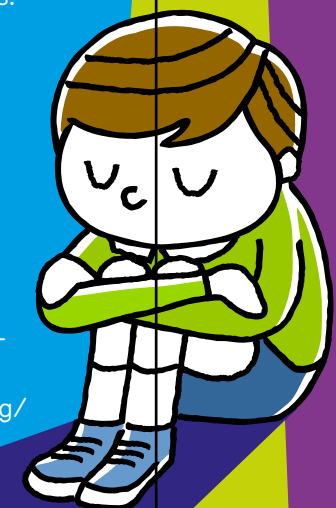
Samaritans Developing Emotional Awareness and Learning (DEAL) programme.
www.samaritans.org/your-community/supporting-schools/deal-teaching-resources

Useful websites:

www.youngminds.org.uk/training_services/training_and_consultancy/for_schools/wellbeing/risk_and_resilience
www.mind.org.uk/information-support/tips-for-everyday-living/stress/developing-resilience/#.WDRZaodFCM8

Recommended training:

MindSET e-learning module:



Loss and Bereavement

Change, loss and grief are universal human experiences. Most people grieve when they lose something or someone important to them.

The way grief affects young people depends on lots of things, including what kind of loss they have suffered, their upbringing, their beliefs or religion, age, their relationships, and their physical and mental health. There may be a time in a young person's life when they need some support to come to terms with a loss or bereavement, knowing what to say or where to signpost onto services can really help.

Useful resource:

A whole school approach to loss and bereavement toolkit
[www.goodlifedeathgrief.org.uk/content/resources/Updated_toolkit_\(2\).pdf](http://www.goodlifedeathgrief.org.uk/content/resources/Updated_toolkit_(2).pdf)

Useful websites

www.childbereavementuk.org/
www.winstonswish.org.uk/

Recommended training

Mindset e-learning module
Scottish Mental Health First Aid Training (Young People)

Contact US

For more information on child and youth mental health in NHSGG&C, please contact

Heather Sloan
Mental Health Improvement Team,
Commonwealth House,
32 Albion Street,
Glasgow G1 1LH

Tel: 0141 287 0480

Email: heather.sloan@ggc.scot.nhs.uk



www.ayemind.com

Mental Health Improvement & Early Intervention for Children and Young People

One Good Adult

A dependable adult to support and protect mental health

- Attachment (parenting)
- Mentoring (mentoring, guidance, befriending)

Resilience in schools

Whole school approaches to mental health and well being – a nurturing environment that builds emotional literacy

Resilience in communities

Strong network of youth services, voluntary and community organisations, confident and skilled to support and intervene

Guiding through the service maze

Children, families and young people have a range of support options for early intervention and can be helped to find their way to appropriate help

Distress, self harm and suicide prevention

Frontline staff are confident and supported to intervene and help children and young people in situations of distress

Peer help & social media

Those who share their problems enjoy better mental health - build opportunities for young people to provide peer support, and to use social media for wellbeing

These strategies are underpinned by tackling poverty, disadvantage & inequalities as well as having GIRFEC core values and principles at the heart of it.

What can your organisation do to implement the Mental Health Framework?

One Good Adult

- Use the One Good Adult clip to promote the concept - www.vimeo.com/97326672
- Engage young people in activities that allows them to explore who their One Good Adult is
- Signpost young people to befriending or mentoring services

Resilience development in schools

- Find out what is happening in your local schools to support young people's mental health
- Work in partnership with the schools to deliver mental health and wellbeing lessons
- Promote your service at school assemblies, lunch time stalls, PSE lessons

Resilience development in communities

- Join your local youth network, share practice and information on mental health resources and services
- Offer a range of group work sessions to support young people's mental health
- Use an asset based approach to strengthen resilience in your local community

Guiding through the service maze

- Provide information on both local and national organisations that young people, parents and carers can access
- Offer different formats that young people can access information to support their mental health (helplines, websites, leaflets reading material, 1 to 1 support services, group work)

Distress, self harm and suicide prevention

- Ensure all staff access available mental health training
- Develop and implement robust organisation policies that protect and promote children and young people's mental health and wellbeing
- Familiarise yourself with local suicide and self harm policies and guidance and know how to respond if a young person presents in distress or has suicidal ideation

Peer Help and Social Media

- Learn how to navigate on line resources: access Aye Mind Learning Set to help develop staff confidence in use of social media
- Signpost young people to Aye mind www.ayemind.com to encourage positive use of on line resources to support their mental health and wellbeing

Top 10 tips for Resilience

R

Remain Positive

Look towards the future, think of what you want from life.

E

Establish Realistic & Achievable Goals

This helps give you focus.

S

Strategies

Plan your coping strategies. Don't be afraid to ask for help.

I

Identify

Identify your strengths and be confident in yourself.

L

Learn from Experience

Learn from experience and move on.

I

Introduce

Introduce a positive way of thinking. Focus on the good things in your life.

E

Enjoy

Make time to do the things you enjoy.

N

Needs

Take care of yourself. Keep healthy and fit.

C

Connect

Build healthy relationships with your family, friends and teachers.

E

Embrace Change

Don't dwell on the past. Put your energy into the present to shape your future.