

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 CYP mental health
- Looking after yourself

What is mental health?

- “Mental health is defined as a state of well-being in which every individual realizes 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

- Every year 1 in 10 young people experiences a mental health problem
- Over $\frac{3}{4}$ of mental health problems have their onset by the age of 20
- 11% of 18-34 year olds report having attempted suicide and 16% report self-harm at some stage in their lives
- Suicide is the largest cause of mortality for young people under 35
- Young people in the youth justice system are 3 times more likely to experience a diagnosable mental health condition than children who don't offend
- Children affected by learning disabilities are 4 times more likely to have a diagnosable emotional mental health problem
- $\frac{3}{4}$ of children raised in local authority residential homes meet with criteria for a psychiatric diagnosis

What can affect CYP 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- Withdrawn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 club
- 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.....