

# Understanding Young People's Mental Health



Question & Enquiry

Feedback & Assessment

Literacy & Numeracy


Relationships

Challenge

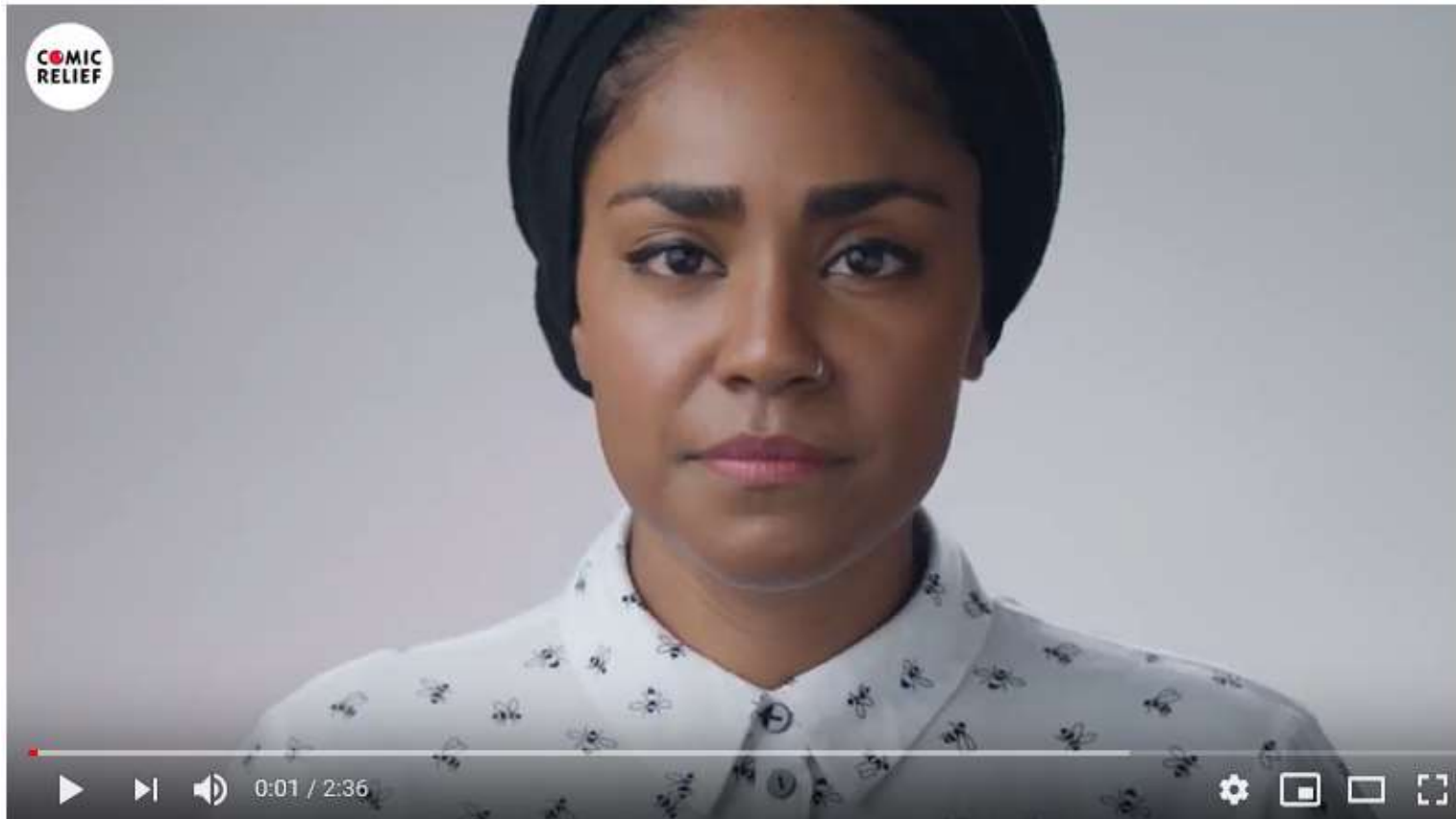


# What is mental health?

Mental health is part of our overall health. It's about:

- How we feel, think, and behave
  - How we cope with the ups and downs of everyday life
  - How we feel about ourselves and our life
  - How we see ourselves and our future
  - How stress affects us
  - How we deal with negative events
  - Our self-esteem and confidence
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Click [here](#) to hear Nadiya's experience with mental illness



Nadiya - Mental Health Awareness | Comic Relief

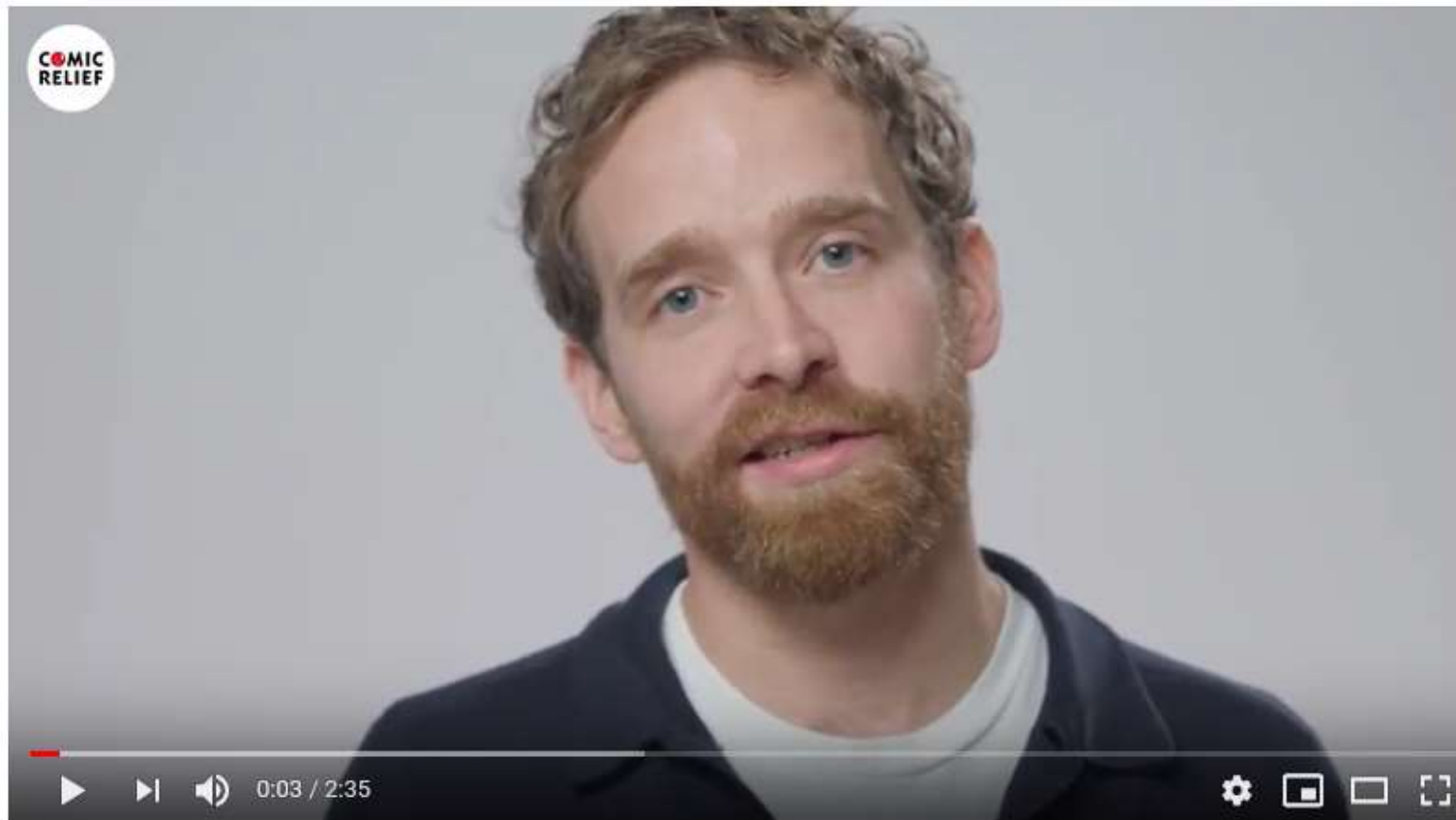


World Mental Health Day is on 10th October 2018. This year's focus is on **young people and mental health in a changing world.**

Mental ill health often starts in young adulthood. It's vital that you know how to access the support you need to grow up happy, healthy and resilient.



# Jamie's story



Jamie - Mental Health Awareness | Comic Relief



# Test your knowledge about young people's mental health:



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# 1. Mental health issues are common in young people.

A True

It's true.

B False

**10%** of children and young people (aged 5-16 years) have a clinically diagnosable mental health issue.

## 2. 30% of mental health issues develop by age 14

A True

B False

It's more than that.

**50%** of mental health issues develop by age 14  
and **75%** by age 24



3. On average, what is the delay between a young person first showing symptoms of mental ill health, and getting help?

A Two years

B Five years

C Ten years

It takes an average of ten years for a young person to get help for mental ill health.

4. Suicide is the second most common cause of death for young people aged 5-19

A True

It's false.

B False

**Suicide is the most common** cause of death for people aged 5-19 (both boys and girls).

5. 1 in 20 school children have a low sense of wellbeing

A True

It's false.

B False

**1 in 10** school children say they suffer from a low sense of wellbeing.

6. What percentage of young people say that exam pressure has significantly impacted on their mental health?

A 50%

B 80%

C 95%

**80%** of young people surveyed said that exam pressure had a big impact on their mental health, while 96% said that exam pressure affected their mental health.

## 7. Recognising distress in young people.

Select the signs that can suggest a young person may be experiencing a mental health issue:

A Alcohol and/or drug misuse

B Tearful

C Disruptive or aggressive behaviour

D Overworking

E Sleep problems, tired all the time

F Lack of personal hygiene

G Drop in academic performance

H Silent, withdrawn or distracted

I Unexplained aches and pains

J Changes in appetite

K Poor attendance

L Erratic timekeeping

M Unable to concentrate, memory loss

N Incoherent speech

**Any of the above** can be signs that a young person may be experiencing a mental health issue and may need support.

8. It's not a good idea to talk to a young person about mental health - you might upset them.

A True

It's false.

B False

Having a supportive, non-judgmental conversation about mental health is always a good idea. It could make all the difference and be the first step towards getting help.

Stress is the body's response when it senses danger. We all experience stress and need it to function. But when stress interferes with our lives, it becomes a problem. Too much stress, for too long, can make us ill.

## Some common sources of stress in young people:

### Emotional

- Peer pressure including on social media
- Abuse or bullying (online or in person)
- Conflicting cultural values and beliefs
- Coping with uncertainty

### Environmental

- Discrimination based on race, sexuality, gender, or disability
- Poor or unstable housing
- Social isolation
- Unemployment, money worries
- Academic pressure

### Physical

- Late nights or lack of routine
- Poor diet
- Misuse of alcohol or drugs

### Life changes

- Leaving home
- Changing schools, or the transition from school to university
- Family or relationship breakdown
- Accidents, illness or bereavement
- Legal issues, arrest or imprisonment

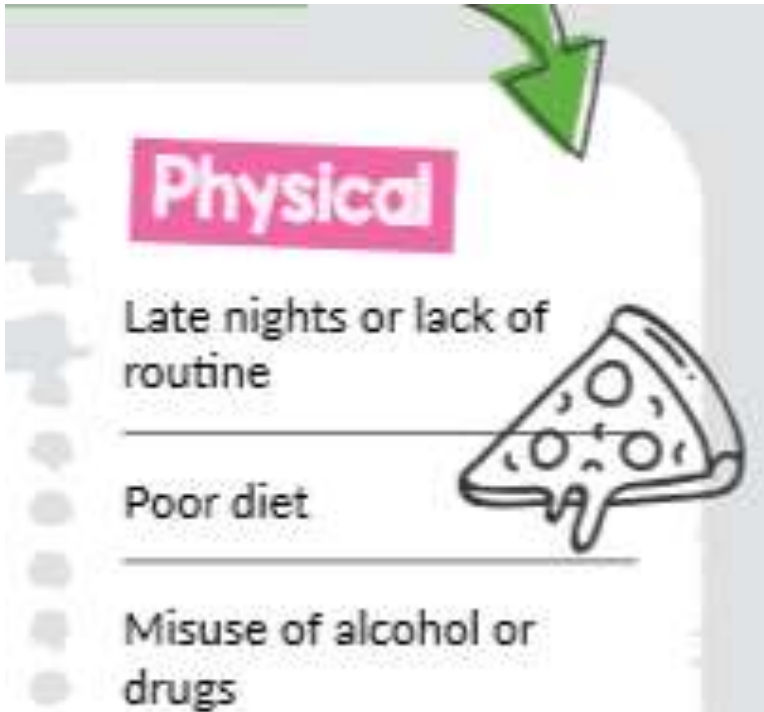
6 in 10

young people experience levels of stress that interfere with their daily lives

If you are stressed or facing any of the issues above, you're not alone. **Support is out there.** See **self-care and support** to get started.



# Sources of stress



## Discuss:

- Did you know that these physical factors could cause stress?
- What sort of things could you do to help reduce these risk factors?





# Sources of stress

## Emotional

Peer pressure including  
on social media

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Abuse or bullying  
(online or in person)

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Conflicting cultural  
values and beliefs

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Coping with uncertainty

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## Discuss:

- Are these common causes of stress at our school?
- Have you or your friends felt stressed about any of these issues?
- Would you know where to go for support?



# At school

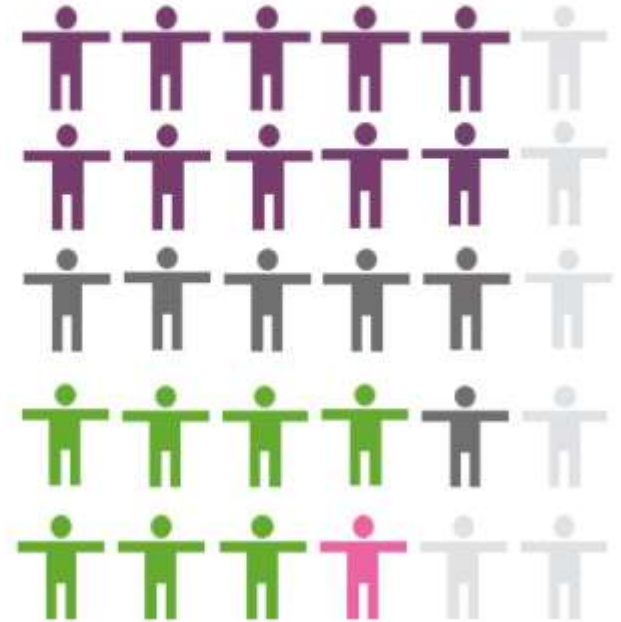
In an average group  
of 30 15-year-olds:

**10** are likely to have watched their parents separate

**7** are likely to have been bullied

**6** may be self-harming

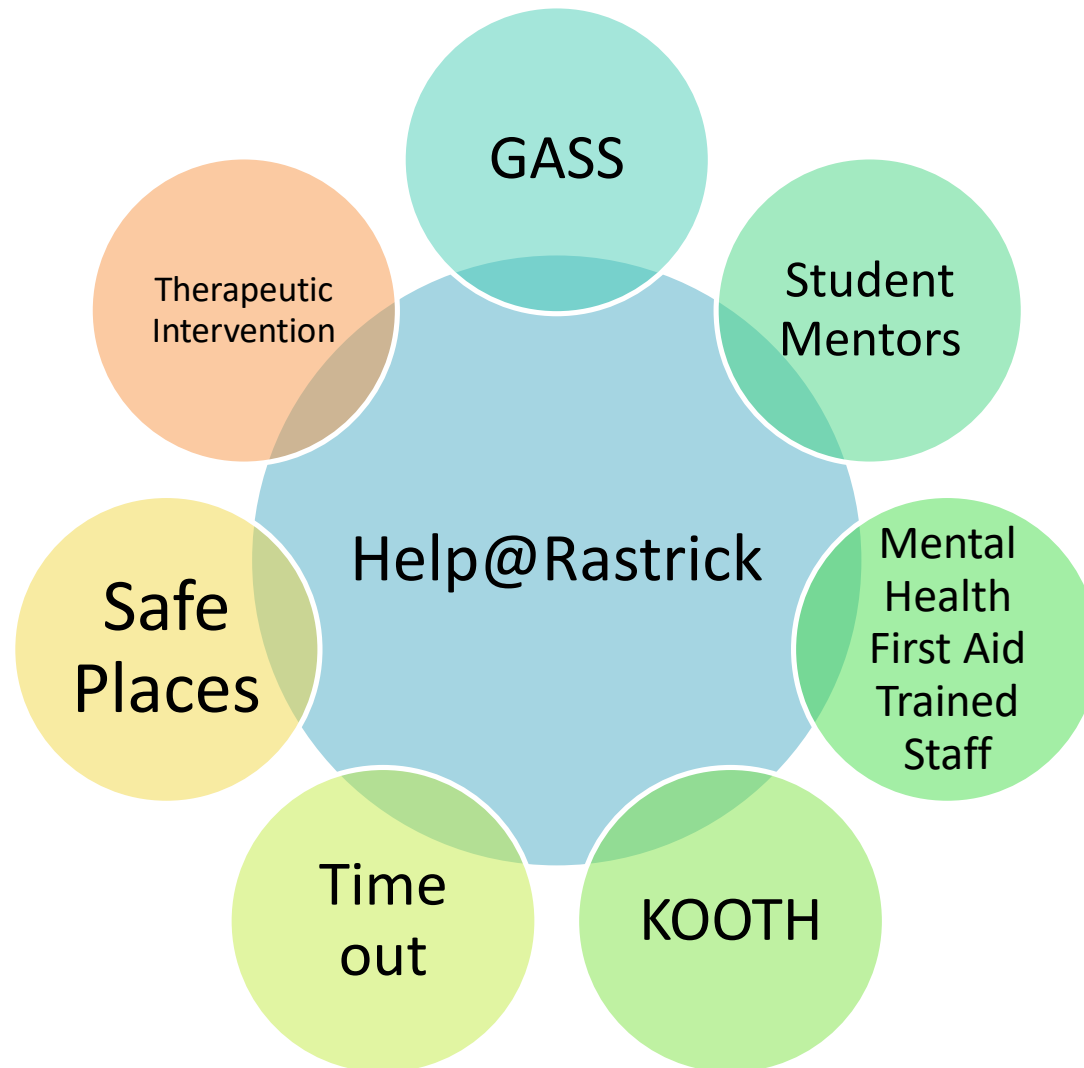
**1** could have experienced the death of a parent



Everyone at this school may need a bit of extra help at some point.

**What support is there for you at Rastrick?**

# There is support available to you.....



# There is support available to you.....

## **GASS**

### **Guidance and Support Service**

Miss Broadley and Mrs Wood  
(Student Welfare Officers) run a  
drop-in session every  
Wednesday lunch time.



**Achievement Managers are  
qualified in Mental Health First Aid**  
If you are experiencing high  
levels of stress or worry you  
should talk to your  
Achievement Manager.



# There is support available to you.....

## **Therapeutic Interventions**

are provided in school on a one to one confidential basis and focus on your individual wellbeing needs. They are interventions that enable you to explore your thoughts, feelings and behaviours that may be causing you problems in day to day life.

Therapeutic Interventions can include, talking things out/through, playing/making up games, art, creativity and craft or more focused/targeted work on your thoughts and behaviours.



There is support available to you.....

## **Student Mentors**

Some of our older students are trained mentors and can be there to help you with your work or just as someone to talk to.

**Safe places at social times**

**Time out**

There is support online too: <https://kooth.com/>



Free, safe and anonymous  
online support for young people

Kooth is an online  
confidential counselling  
service.



Kooth - an online counselling and emotional well-being platform for children and young people

### On Kooth you can



Chat to our friendly  
counsellors



Read articles  
written by young  
people



Get support from  
the Kooth  
community



Write in a daily  
journal



# There is support online too:

[www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)



[Under 17 year olds](#)

[16-25 year olds](#)

[What worries you?](#)

[Feeling stressed?](#)

[Urgent help](#)



## Help & support for under 17 year olds

Here you will find information on where to go for help, support and advice if you're a young person in Calderdale.

↓ [Support for you](#)





# How can you look after your own mental health?

## Avoid

**Chasing perfection** – it can create unrealistic expectations. It's not fair to compare yourself, as a whole person, to social media highlights from someone else's life.

**Bottling up your feelings and assuming they will go away** – this can make things worse in the long run.

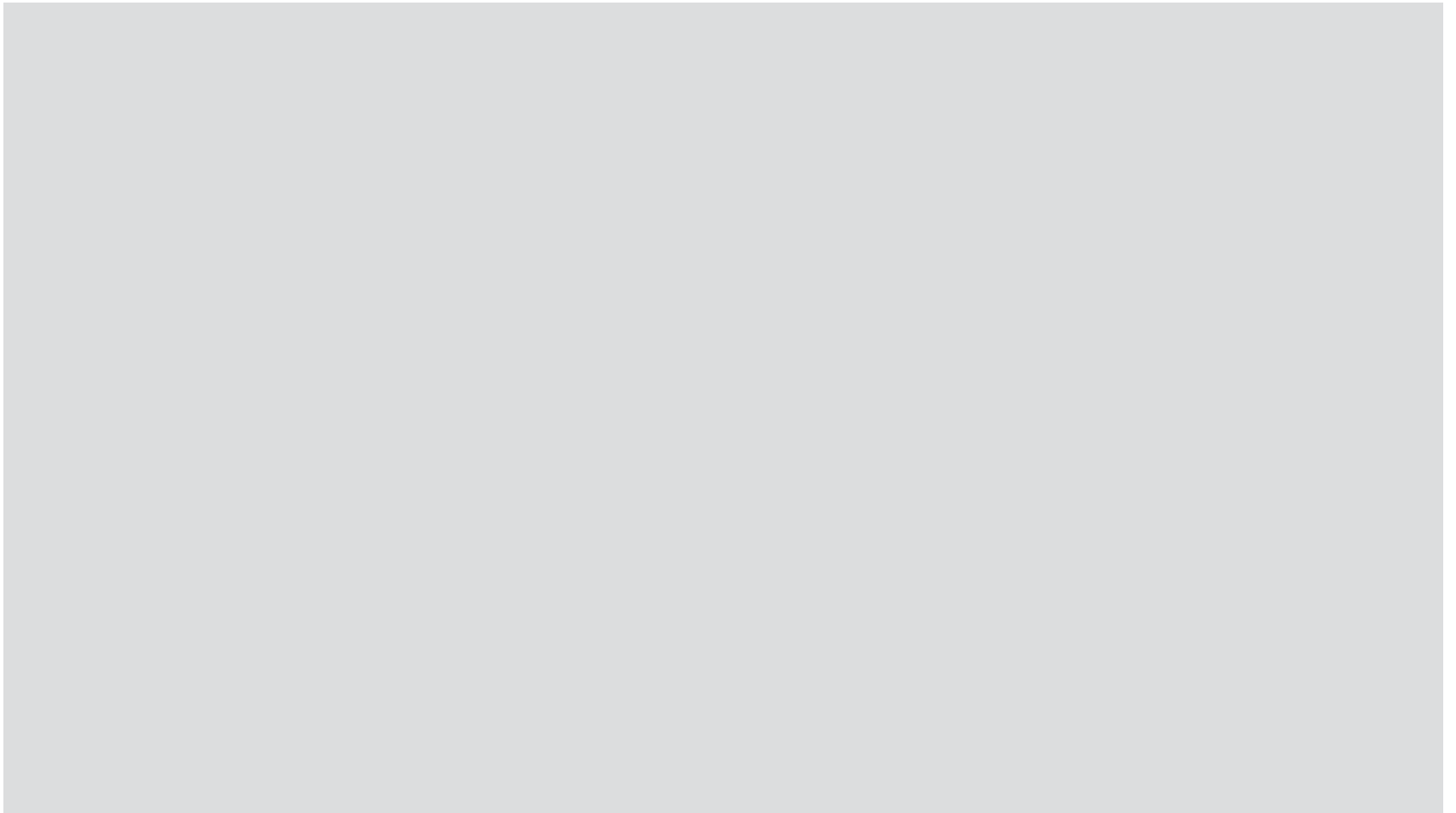
**Overdoing it on caffeine, alcohol or sugar** – they're a quick fix which can increase stress in the long term.

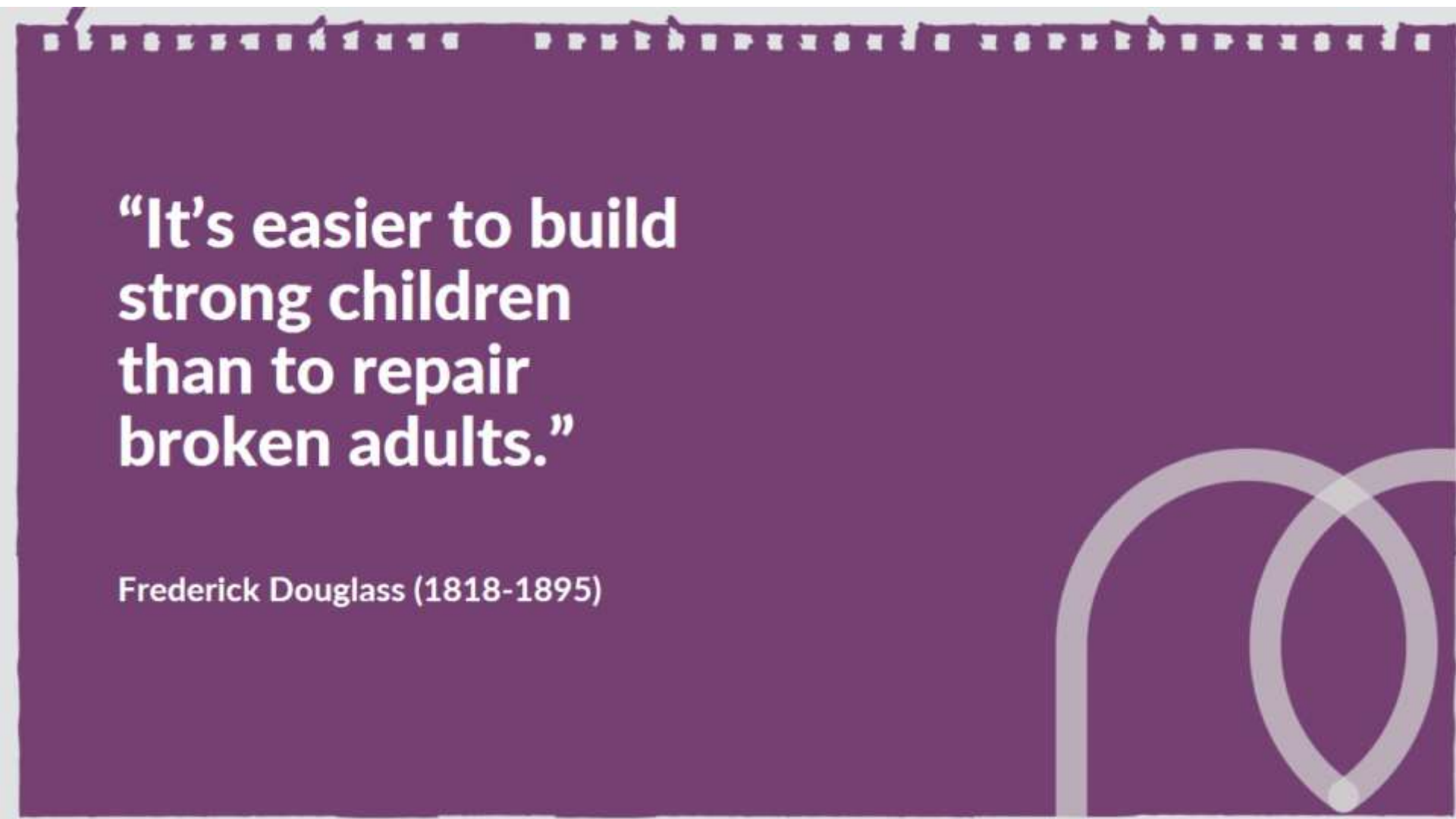
**Overworking** – we all need time to unwind so try to build in short, regular breaks while you're studying, working or revising.

**Too much screen time** – it can affect your sleep, so try to switch off now and then, and don't feel pressured to always be reading, watching or playing something.



# How can you look after your own mental health?





**“It’s easier to build  
strong children  
than to repair  
broken adults.”**

Frederick Douglass (1818-1895)

**#itsgoodtotalk**

If you need help, the staff at Rastrick are here for you.

# What support do these students need?

Discuss each person's problem and be ready to suggest some ways they could get help

Fiona was the only one from her primary school to come to Rastrick so she didn't know anybody. She is very shy and hasn't made any friends yet. Every lunchtime she eats in the Atrium alone then goes to sit and read in the library. When she gets home she sits in her bedroom and cries. Her parents are very worried about her.

**What could help Fiona?**

Craig's parents are getting divorced. They have been arguing for months and now mum has moved out. He doesn't feel like he can talk to his dad about what is going on. His friends know but are too embarrassed to ask Craig how he is feeling. Craig has heard people talking about self-harm and thinks that if he did that it could make him feel better.

**What could help Craig?**

## What support do these students need?

Discuss each person's problem and be ready to suggest some ways they could get help

Isobel has split up from her boyfriend and they have had several bad rows at school. He has sent her some very nasty messages and keeps threatening to show everyone a photo of herself that she once sent him. She hasn't told her parents as she feels too frightened. Isobel keeps pretending to be ill so she doesn't have to come to school.

**What could help Isobel?**

Jake is addicted to playing on fortnite. At home he spends at least 4 hours every night playing online with his friends. He rarely goes to sleep before 12. At school Jake can't concentrate and gets easily distracted. He's always being removed from lessons. Jake's started feeling really angry and last week swore at a teacher so was sent to ISO.

**What could help Jake?**