MENTAL HEALTH IN

YOUNG PEOPLE

for parents, carers and teachers

BACK ONSIDE

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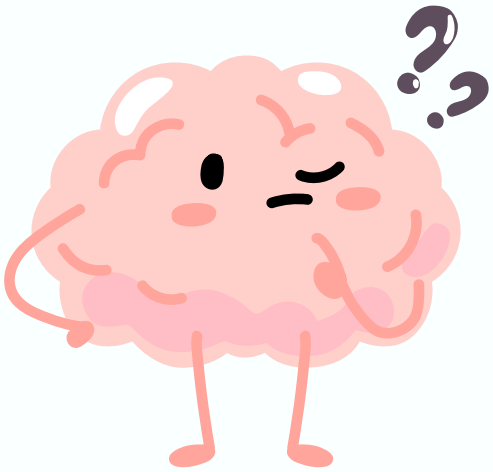
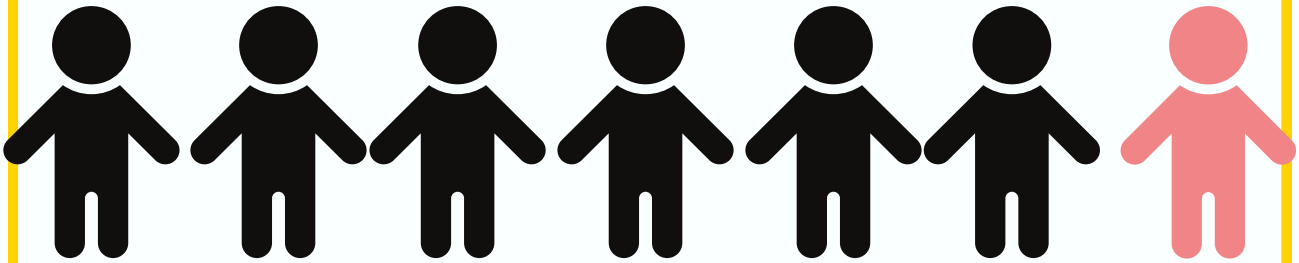
what is

MENTAL HEALTH?



Mental health is essential for overall wellbeing, encompassing emotional, psychological, and social aspects. Understanding common mental health conditions is important for recognizing their impact and prevalence in society. Positive Mental Health allows people to realise their full potential, cope with the stresses of everyday life and work productively.



An estimated 1 in 7 children and adolescents aged 10 to 19 are affected by mental health conditions, with anxiety, depression, and behavioural disorders among the most common.

PARENTS' GUIDE TO
depression in teenagers

What are the signs and symptoms of depression?

- *Sadness or hopelessness*
- *Irritability, hostility or anger*
- *withdrawal from friends and family*
- *loss of interest in activities*
- *poor school performance*
- *fatigue, lack of energy or trouble concentrating*

What do you do if you think your teenager is depressed?

Mental Health can be a difficult subject to bring up, especially with young poeple, but it is vital that you do not ignore the problem. Talk to your teenager and let them know which signs you have noticed, and be ready to listen without judgement. Be patient and let them know you are there for them, and that you want to help.

Practical tips to support your teenager

- *Keep an eye out for signs and symptoms*
- *Set aside time every day to talk face to face about their feelings*
- *Make sure they are eating healthily, staying hydrated and sleeping well*
- *Focus on listening and being supportive*

please contact a GP or a medical professional if your child is experiencing suicidal thoughts.

MENTAL HEALTH *myths*

MYTH: *Young people do not experience mental health problems.*

FACT

20% of children and young people may experience a mental health problem in any given year.

MYTH: *You can see if someone has a mental health issue.*

You can't just tell someone has a mental health issue by looking at them - people with mental illness are just the same as everyone else.

FACT

MYTH: *If you get good grades and have lots of friends, you will not have mental health conditions.*

FACT

Depression is a widespread mental health issue caused by a complex mix of social, psychological, and biological factors. It can affect anyone, regardless of socioeconomic status or outward appearances.

MYTH: *Bad parenting causes mental health conditions*

Various factors like poverty, unemployment, violence, and migration impact the mental health of adolescents and their caregivers. Both supportive and challenging home environments can lead to mental health issues.

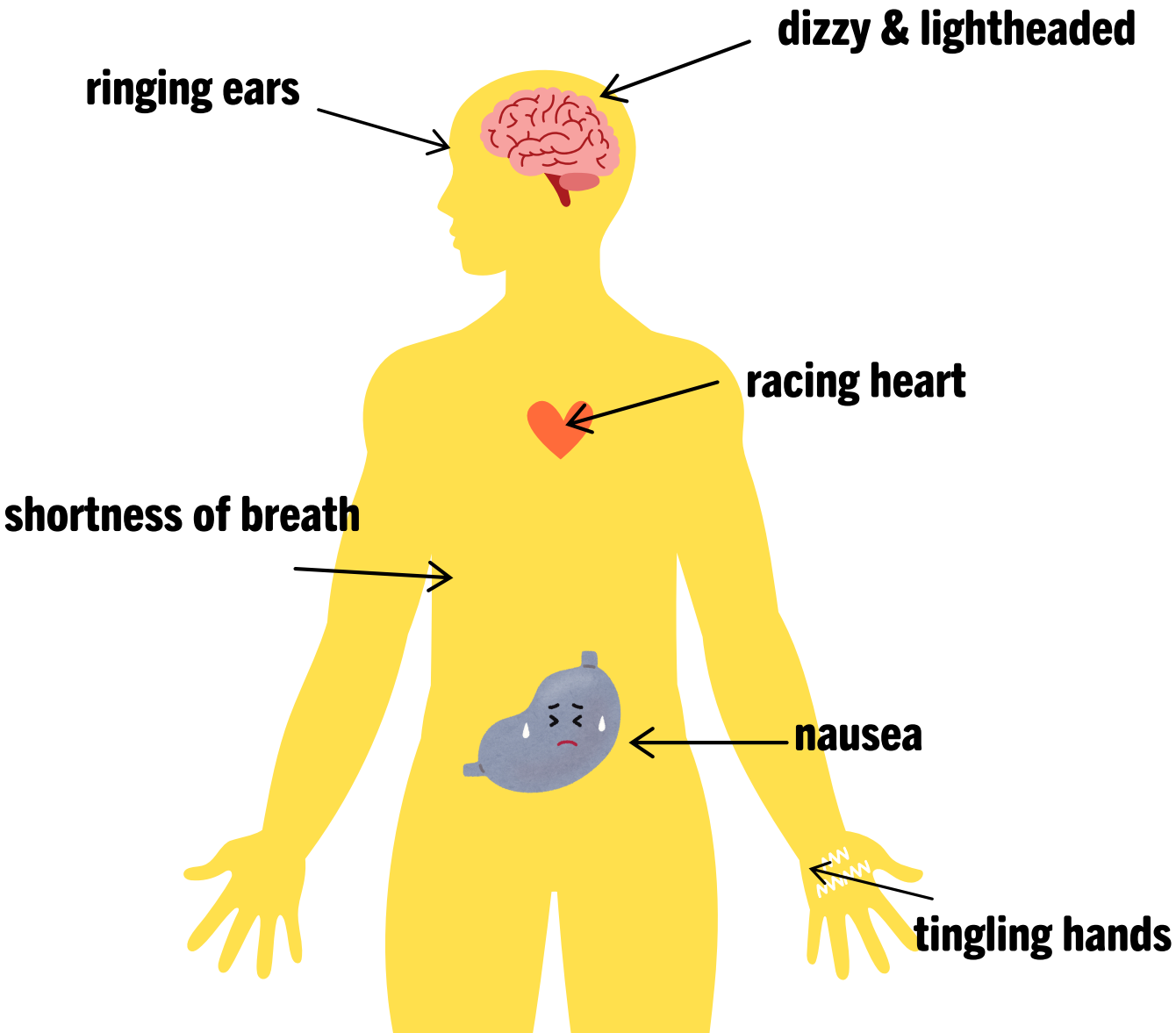
FACT

what is a

PANIC ATTACK?

A panic attack is a severe attack of anxiety and fear that often comes on without warning. They can often last anywhere between five to 20 minutes, and can go as quickly as they come on.

Each person's symptoms will vary, but some of the common symptoms of someone having a panic attack include:



how to support someone who is experiencing a

PANIC ATTACK

STAY CALM

It is important to stay calm, reassure them and let them know they are not alone. Encourage them to breathe deeply, and don't downplay their feelings.

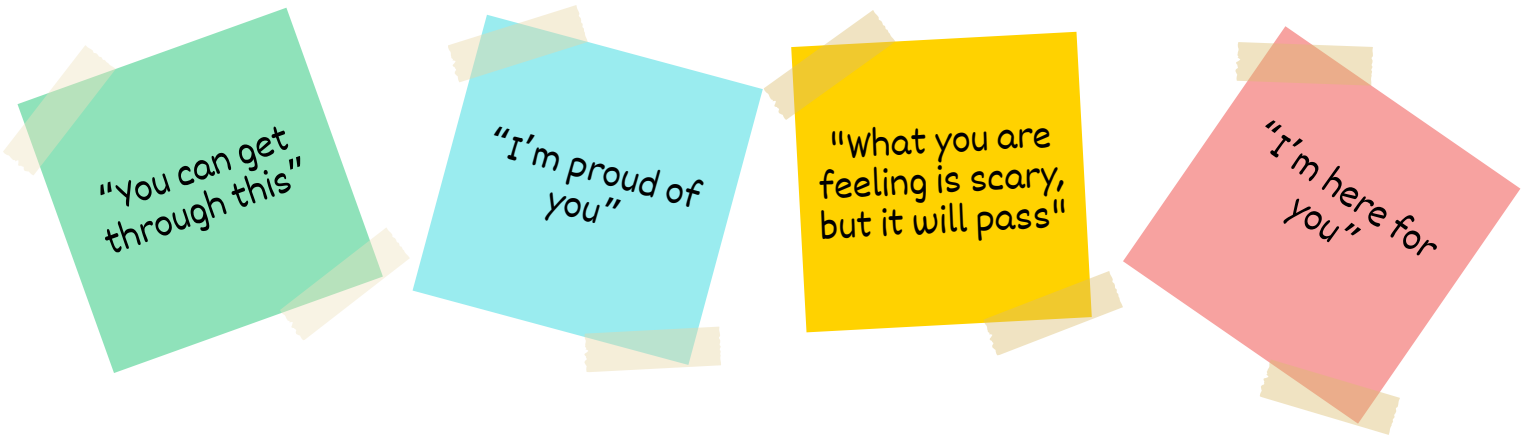
ENSURE MEDICATION IS TAKEN

If the person has been diagnosed with a panic disorder, and have prescribed medication, remind them to take it.

STAY WITH THEM

Help them find a quiet space, and stay with them throughout the attack, continuously reminding them that you are there for them.

things you can say:

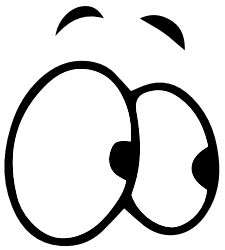


If the panic attack lasts longer than 20 minutes, seek professional medical help.

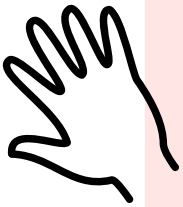
THE 5-4-3-2-1 METHOD

for someone who is experiencing a panic attack

5 *things you can see*

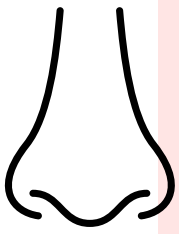


4 *things you can touch*



3 *things you can hear*

2 *things you can smell*



1 *things you can taste*

YOUR SELF SOOTHE BOX

Create a box with things that ground you, make you feel more relaxed and reduce symptoms of panic, anxiety or low mood. Try and choose a mix sensory items, and sentimental items to you. Some examples of what you can put in your self soothe box include:

Something to touch:

Playdough, fidget cubes or spinners, and stress balls are great for this. They're satisfying to touch, and easy to put force into and relieve some stress.

Memories:

Pictures, or something sentimental to remind you of good times, and the people around you who love you.

Something to smell:

This could be a calming smell like lavender or peppermint, or choose your favourite smelling room spray, essential oil or candle.

Positive affirmation cards:

This is entirely personal to each individual. Choose some of your favourite positive quotes, or even your favourite song lyrics or line from a film.

An activity:

Something to take your mind off what you are feeling, this could be a pack of cards, a puzzle or colouring in.

SELF-HARM AND YOUNG PEOPLE

for parents, carers and teachers

Self harm is where someone deliberately hurts their body without meaning to die. Self harming is a behaviour and not in itself a diagnosable mental health disorder. Self harm often occurs in young people who experience depression, anxiety, behavioural problems and substance use.

3 TOP TIPS FOR APPROACHING THE CONVERSATION

KEEP CALM

You're probably experiencing lots of emotions yourself, like anger or sadness. But remember they're probably feeling overwhelmed too. Bringing your own emotions to the conversation can make it harder for them, so try to approach the conversation with kindness and an open mind.

DON'T JUDGE

There's a lot of stigma around self harm which could be making your loved one feel ashamed. Avoid making comments about their actions being 'attention seeking' and instead, try to ask them open questions about how they're feeling. Simple questions like: 'How are you feeling?' or 'What are you feeling?' can help. Give them space and time to answer too so they don't feel judged.

SPEAK POSITIVELY

Caring relationships are key to helping people stop self harming. Let them know what you love about them so they can focus on the positives. Ask open questions, not just with a 'yes' or 'no' answer, and give them time to answer.

HELP IS AVAILABLE.

- Back Onside are here to help anyone who is struggling with their mental health.
- Call 999 or visit A&E if you are in crisis, or if it is a medical emergency
- Call 116 123 to talk to Samaritans
- Self Injury Support run a helpline (08088008088) and a text service (07537432444) from 7pm-10pm on Mondays and Thursdays.

CHANGE YOUR MINDSET

DO *think of stress as*	DON'T *think of stress as*
• **a threat** • **a demoraliser** • **pressure** • **overwhelming** • **debilitating**	• **a challenge** • **a motivator** • **an opportunity** • **manageable** • **energising**

DON'T *focus on problems*

DON'T *fight stress*

DO *focus on possibilities*

DO *embrace stress*