

Mental Health

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- What may indicate that a young person is genuinely struggling with their mental health?
- What support is available to parents and young people?

To what extent is mental health an issue for young people?

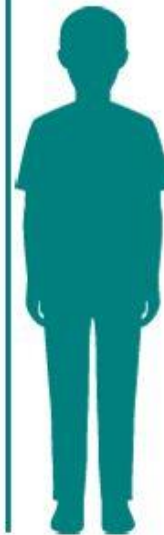
According to The Mental Health Foundation 1 in 10 young people between the ages of 5-16 have a diagnosable mental health condition. All evidence suggests that most mental health issues are established in people under the age of 24.

Children & young people

Mental health problems often develop early

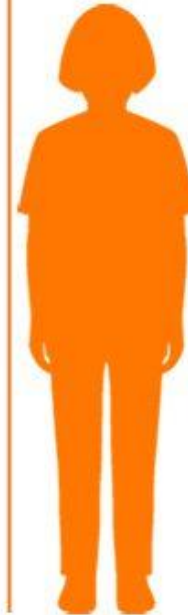
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children aged 5-16 have a diagnosable condition



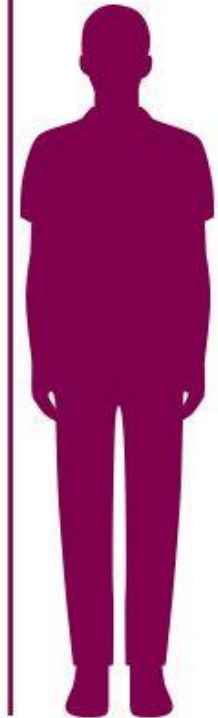
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of all mental health problems are established by the age of 14



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of all mental health problems are established by the age of 24



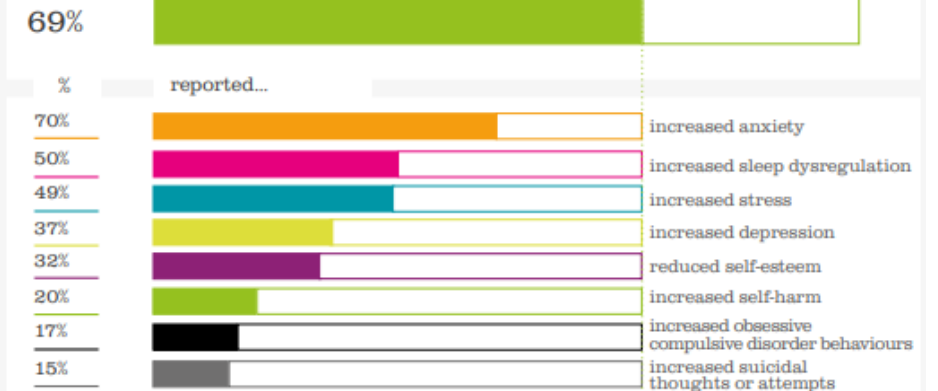
What has been the effect of Coronavirus on children's mental health?

Though research findings remain limited. Evidence gathered by Barnardo's front line practitioners, shows that the pandemic has led to a significant increase in mental health issues.

Youth colleagues' concerns for children and young people's mental health and wellbeing were shared by our practitioners...



Of these:



How will the current economic situation affect children?

The severe financial pressures that a growing number of families are facing risks amplifying mental health challenges amongst children. Already there's evidence that children as young as eight are discussing their fears for the elderly and how their families will cope.

Economic crisis to exacerbate mental health challenges among UK kids, expert warns

EXCLUSIVE - The current economic situation is amplifying the problems already faced by the poorest families, child psychologist Professor Vivian Hill told Express.co.uk - with children running the risk of being the "forgotten victims" of the crisis.

My child has body dysmorphia, her mental health will suffer due to the cost of living crisis – she's not alone

EXCLUSIVE

Children with severe mental health issues could struggle with recovery due to the financial pressure being put on households, as NHS services prepare for an increase in referrals



What are the most common mental health issues experienced by young people?

Depression

Self-harm

Eating
disorders

Generalised
Anxiety
Disorder
(GAD)

Attention
deficit
hyperactivit
y disorder
(ADHD)

Post-
traumatic
stress
disorder
(PTSD)



Are all children equally at risk of developing mental health problems?

Significant changes in a child's life or the onset of puberty and the emotional changes it brings may be a trigger for mental health problems. However, statistics show that some children are more at risk of developing a mental health issue than others.

- having a long-term physical illness
 - having a parent who has had mental health problems, problems with alcohol or has been in trouble with the law
 - experiencing the death of someone close to them
 - having parents who separate or divorce
 - having been severely bullied or physically or sexually abused
 - living in poverty or being homeless
 - experiencing discrimination, perhaps because of their race, sexuality or religion
 - acting as a carer for a relative, taking on adult responsibilities
 - having long-standing educational difficulties
-

What can we do to build resilience in young people?

There are lots of things that can be done to mitigate against the establishment of mental health problems. Through PSHE, our focus weeks and wider curriculum, students learn strategies to help manage their mental and physical wellbeing.



Personal connections



Students are encouraged to evaluate the positive and negative effects of social media and excessive screen time.

We also deliver relationships education to engender a positive approach to relationships in all of their forms. One of the risk factors for mental health is bullying and the breakdown of relationships. Students are taught how to recognise when relationships are potentially damaging and how to respond based on a wide variety of different scenarios.

Staying active

Students are taught about the positive effects of exercise in terms of both physical and mental health. All students are advised to aim for 60 minutes of exercise per day across the week.



Managing stress

Life is stressful. Students are taught that it's normal to feel a degree of stress particularly at key times like when sitting external exams. They are also taught a range of techniques to manage stress so that it does not become an established mental health problem.



Brain healthy diet

Students are taught about the importance of a healthy diet and its links to more robust mental health.



Quality sleep

Students are taught about the importance of sleep and its links to performance and mental health.

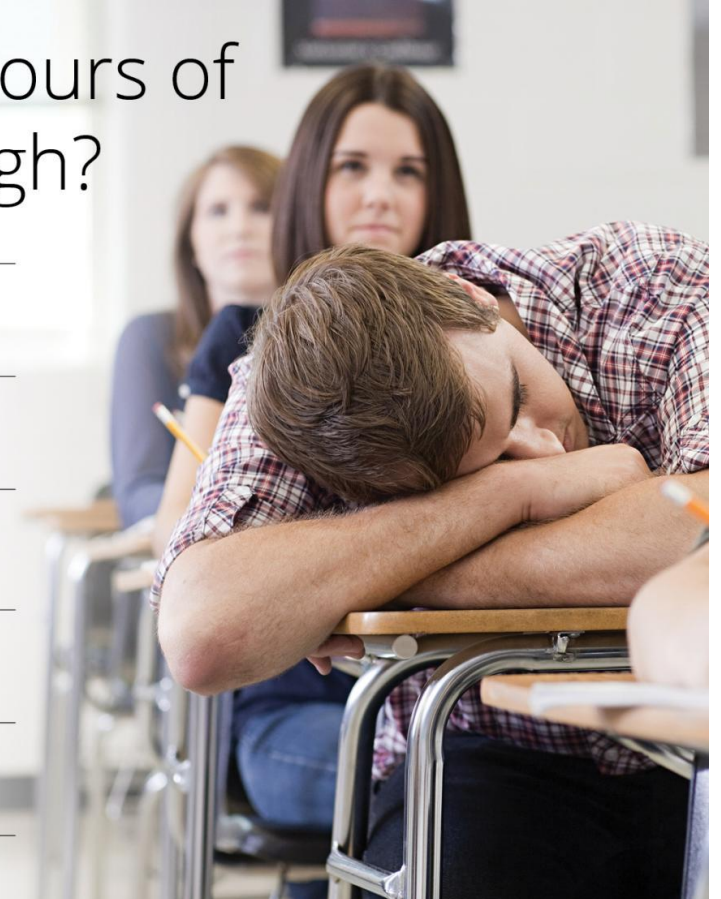
To improve the chances of a good night's sleep students are taught about:

- The importance of a bedtime routine
- Not having too much screen time too close to bed
- Not eating, drinking or exercising too close to bed time
- The importance of a bedroom environment that is quiet, dark and restful.

How many hours of Z's are enough?

AGE	HOURS OF SLEEP
4-12 MONTHS	12-16*
1-2 YEARS	11-14*
3-5 YEARS	10-13*
6-12 YEARS	9-12
13-18 YEARS	8-10

* INCLUDING NAPS



Meaning and purpose

The breadth of the curriculum gives students the opportunity to identify and nurture their talents. By giving students the opportunity to excel they are able to find purpose.

**THE MEANING
OF LIFE IS TO
FIND YOUR GIFT.
THE PURPOSE
OF LIFE IS TO
GIVE IT AWAY.**

— PABLO PICASSO

MEDIAWEBAPPS.COM

What are the indicators that a young person may have a serious mental health problem?



What support is available to parents and young people?

Students are always advised to seek support from parents or family members if they feel able.

Students know that their teachers, the student support team and the school nurse is available to offer support. The school will be able to refer a young person to CAHMS.

GPs and health visitors can also make referrals. They too can prescribe medication if they deem it necessary.

Organisations that can help

- [ChildLine](#)
- [YoungMinds](#)
- [Contact a Family](#)
- [Bernardo's](#)
- [CALM \(Campaign Against Living Miserably\)](#)
- [PAPYRUS \(Prevention of Young Suicide\)](#)
- [Children and Young People's Mental Health Coalition \(CYPMHC\)](#)
- [Mental Health Foundation](#)