

Health Improvement Team





What you come away with today!



Increased confidence in talking about mental health



Increased knowledge about mental health problems



Increased understanding of how to support your child

What do we know?

True or False

- 5% of children have a mental health problem in the UK
- You cannot recover from a mental health problem
- Social media causes mental health problems
- 55% of parents have never spoken about mental health with their child



Definition

"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

Mental health spectrum

Maximum wellbeing

I have a mental health
diagnosis but I am
coping well and enjoying
my life

Mental

I have **no diagnosis**.

I am **well** and enjoying my
life

STIGMA

I have a mental health
diagnosis but
I am not coping and I am
not happy

Vellbeing

I have **no diagnosis**, but I am **not coping** and I am not happy

Minimum wellbeing

Stress is a physical or emotional response to pressure



Mental health problems



How to recognise mental health problems?





- Prolonged low mood
- Hopelessness, guilt
- Loss of energy, lack of responsiveness
- Difficulty concentrating
- Loss of confidence
- Agitated, angry
- Thinking of suicide



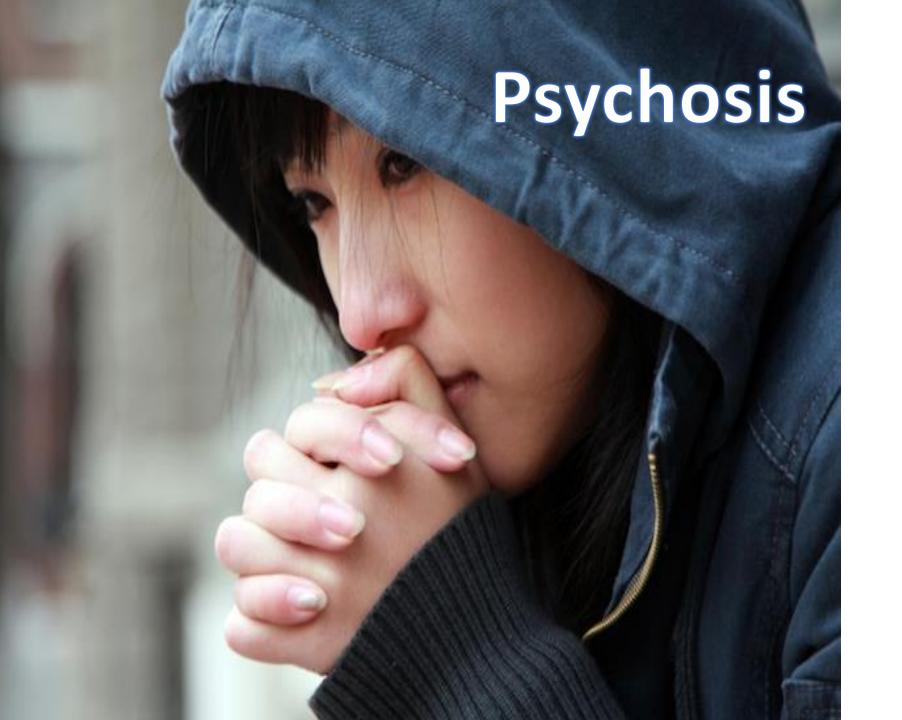


- Excessive worry, restlessness
- Panic, confusion,
- Dread, avoidance, compulsive behaviour
- Sweating, nausea, chest pains





- Tiredness, lack of interest in socialising, sadness
- Need of control
- Stomach cramps, constipation
- Damaged liver, loss of enamel on teeth





- Experiencing a change of reality
- Mood, thinking and perception is severely disrupting someone's life
- Often a symptom of schizophrenia, bipolar disorder and drug induced psychosis.





- Deliberate action to cause harm to themselves, comes in many forms!
- Often a way of coping with emotional difficulties
- Symptom rather than a mental health problem.

Do you think your child would talk to you if they were worried?



What helps?





HURRY UP TAKE YOUR TIME

BE PERFECT

YOU ARE GOOD ENOUGH AS
YOU ARE

PLEASE PEOPLE PLEASE YOURSELF

TRY HARD DO IT

BE STRONG

BE OPEN AND EXPRESS YOUR

WANTS

"I hate Anna, I'm not going to school!"

"You sound very angry, what made you cross?"

"Leave me alone, I didn't sleep!"
"You must be feeling tired. When you couldn't get to sleep, was there anything on your mind?"

"I got a C, I'm rubbish!"

"You look really disappointed. Do you remember a time when you were proud of yourself?"

How can we look after ourselves?

5 Ways to wellbeing



Ideas to try (for children and adults)

- Mindfulness, meditation, breathing
- Sport, yoga, walking the dog, going outside
- Creative arts- drawing, singing, trying something new/challenging
- Spending time with loves ones, identifying safe people to talk to
- Volunteering, giving your time/attention, engaging in the community



More information

Young Minds www.youngminds .co.uk

NHS Choices www.nhs.uk

CWMT www.cwmt.org.uk

Rethink mental illness www.timetochange .co.uk

Beat
(eating
disorders)
www.b-eat.co.uk

Department of Health www.dh.gov.uk

Anxiety UK www.anxietyuk.or g.uk

Anna Freud (schools in mind) www.annafreud.org



Thank you for attending!







