



Positive Mental Health Workshop

E D Hester



How healthy are we?

- **Who has never had a health concern for themselves or members of their families**
- **Who has never had a mental health concern for themselves or members of their families**



Some alarming statistics...

- **16 million people in the UK experience a mental illness**

One in four adults will experience a mental illness at some point each year in the UK. This ranges from anxiety and depression to alcohol dependence, substance misuse and psychosis.

- **Three in four mental illnesses start in childhood**

75% of mental illnesses start before a child reaches their 18th birthday, while 50% of mental health problems in adult life (excluding dementia) take root before the age of 15

- **10% of school children have a diagnosable mental illness**

In an average class of 30 young people, three will have a mental health problem. Figures show 10% of children aged 5-16 have been diagnosed with a mental health problem



A bit more detail...

How common are specific problems?

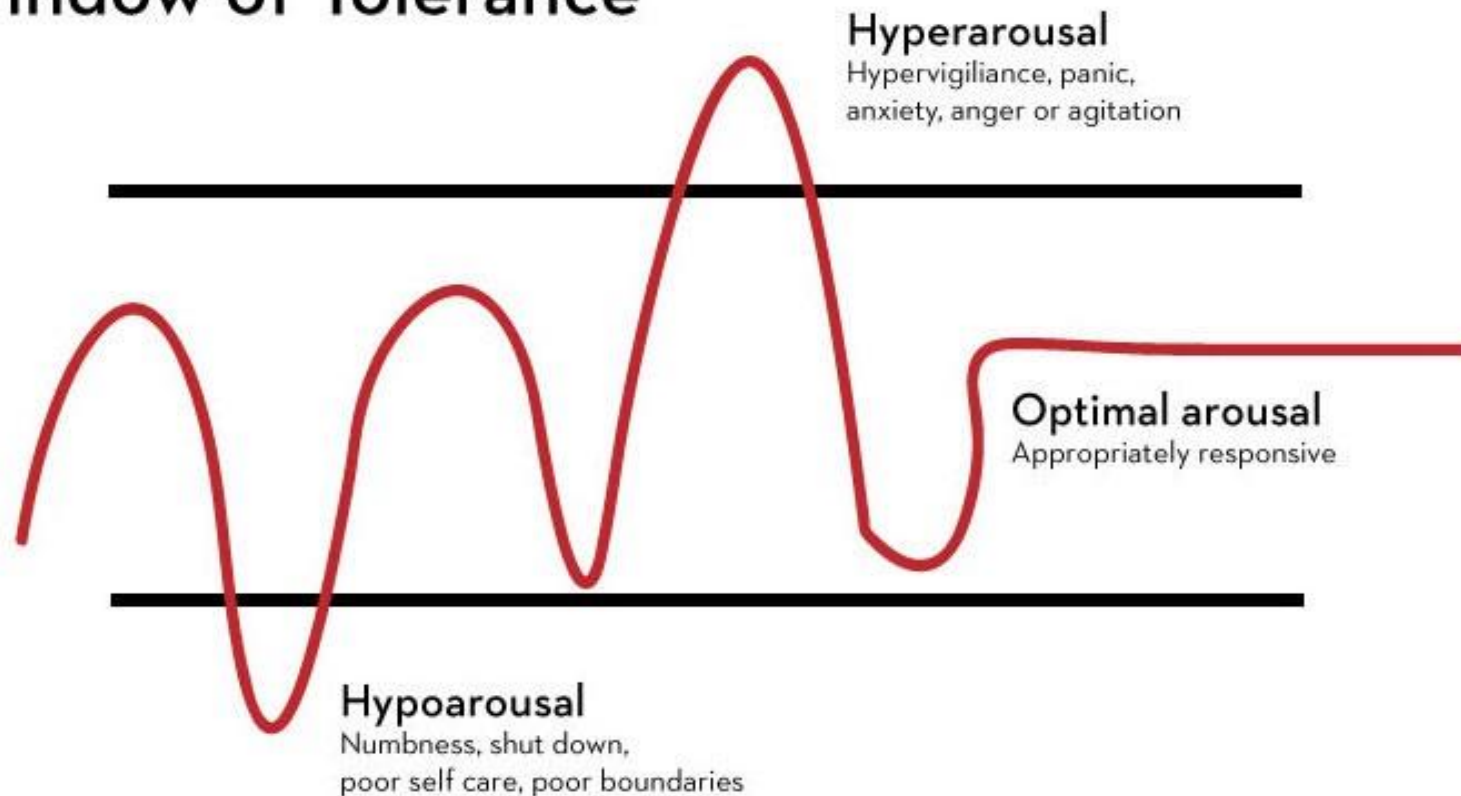
Every seven years a survey is done in England to measure the number of people who have different types of mental health problems [\[2\]](#). It was last published in 2016 and reported these figures:

<u>Generalised anxiety disorder</u>	5.9 in 100 people
<u>Depression</u>	3.3 in 100 people
<u>Phobias</u>	2.4 in 100 people
<u>OCD</u>	1.3 in 100 people
Panic disorder	0.6 in 100 people
<u>Post traumatic stress disorder (PTSD)</u>	4.4 in 100 people
Mixed anxiety and depression	7.8 in 100 people



We are all different....

Window of Tolerance





Promoting good teenage mental health

- Show love, affection and care for your child
- Show that you're interested in what's happening in your child's life
- Praise his/her good points and achievements, and value his/her ideas
- Enjoy spending time together one on one with your child and also as a family
- Encourage your child to talk about feelings with you
- Deal with problems as they arise, rather than letting them build up
- Talk to family members, friends, other parents or teachers if you have any concerns
- Be a good role model with digital technology



Pre-teens and teenagers who have good mental health often:

- Feel happy and positive about themselves and enjoy life
- Have healthy relationships with family and friends
- Do physical activity and eat a healthy diet
- Get involved in activities
- Have a sense of achievement
- Can relax and get a good night's sleep
- Feel like they belong to their communities
- Have a positive relationship with digital technology



Physical Health is a big part of mental health

To help your child stay emotionally and physically healthy, encourage your child to do the following:

- Keep active – physical fitness will help your child stay healthy, have more energy, feel confident, manage stress and sleep well
- Develop and maintain healthy eating habits
- Get lots of regular sleep. Quality sleep will help your child to manage a busy life, stress and responsibilities
- Avoid alcohol and other drugs

Normal to feel

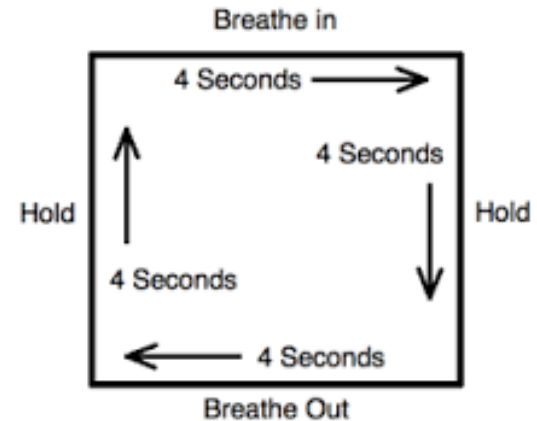
- Sadness at times
- Low mood in relation to disappointments or loss
- Tiredness after coughs and colds
- Stress anxiety before exams



Box breathing

This Navy SEAL breathing technique, aka box breathing or tactical breathing, is used to calm yourself down, a simple 4 second rotation of breathing in, holding, breathing out, holding.

This is just one of many such breathing techniques which can be incredibly effective.





Feelings of
hopelessness and
pessimism



Feelings of
worthlessness, guilt
and helplessness



Changes in mood



Difficulty
making decisions



Irregular sleep



Decreased energy



Thoughts of
death or suicide



Appetite or
weight change



Tearfulness



Persistent sad,
anxious or empty
mood



Restlessness



Insomnia

THE WARNING SIGNS.

These warning signs are recognised by mental health professionals as being the common signs and symptoms of depression.

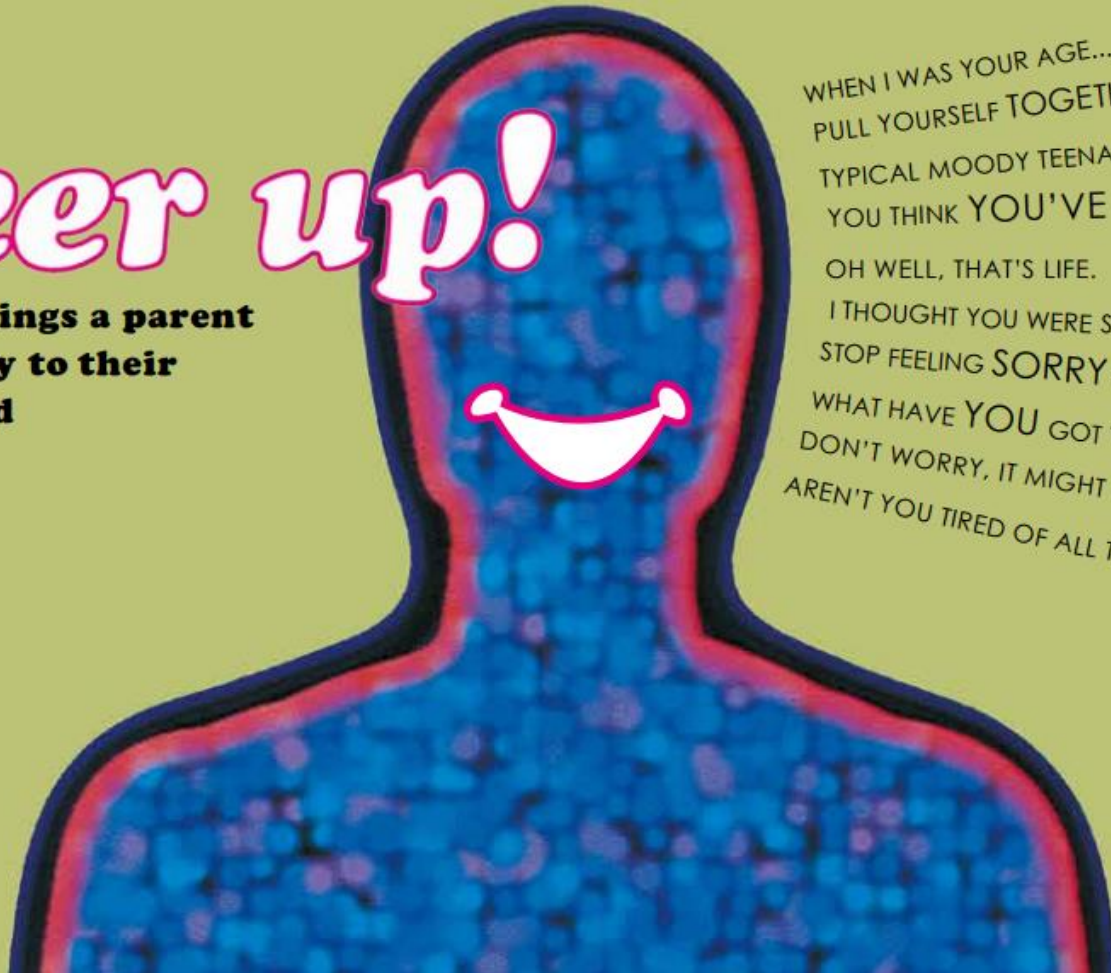
Some of these signs may also be part of normal adolescent moody and difficult behaviour. Look out in particular for any **CHANGES** in behaviour, and keep a note of these.

1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder, but early diagnosis and support can help for a lifetime.



cheer up!

**and other things a parent
should NOT say to their
depressed child**



WHEN I WAS YOUR AGE...
PULL YOURSELF TOGETHER.

TYPICAL MOODY TEENAGER.

YOU THINK YOU'VE GOT PROBLEMS.

OH WELL, THAT'S LIFE.

I THOUGHT YOU WERE STRONGER THAN THAT.
STOP FEELING SORRY FOR YOURSELF.

WHAT HAVE YOU GOT TO BE DEPRESSED ABOUT?

DON'T WORRY, IT MIGHT NEVER HAPPEN.

AREN'T YOU TIRED OF ALL THIS ME ME ME STUFF?



TIME FOR A CHAT

If you are worried, you will want to talk to your son or daughter. But asking them how they feel can be very difficult and may need some planning. You may be worried that your son or daughter is thinking of harming themselves or is feeling suicidal. It is better to ask about this than ignore it.

Choose statements that are facts and not judgements.

Try to ask 'open questions' which allow them to say how they are feeling.

Be calm and supportive and allow plenty of time.

Try to keep any anxiety you may feel to yourself.

Write down the things that are concerning you before you speak.

Think about what you want to say and keep it simple.

If you think your son or daughter is at risk of suicide, Call 111 and explain the situation immediately.

You may also want to talk to their teacher, school nurse or another trusted adult. It is best to tell your son or daughter that you are planning to do this and include them in the conversation so they do not feel excluded.

*Small talk
saves lives*



***Tell NOBODY—
not even HER***

CARELESS TALK COSTS LIVES

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Where to seek help

- GP
- School Pastoral Team
- CHILDLINE www.childline.org.uk
- MIND www.mind.org.uk
- YOUNGMINDS www.youngminds.org
- SAMARITANS www.Samaritans.org
- WEBSITES www.headstogether.org.uk
- APPS – Calm Harm, Well Mind (NHS), Breathe2Relax