House Assembly
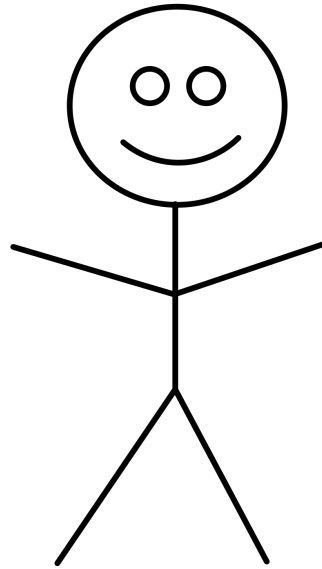
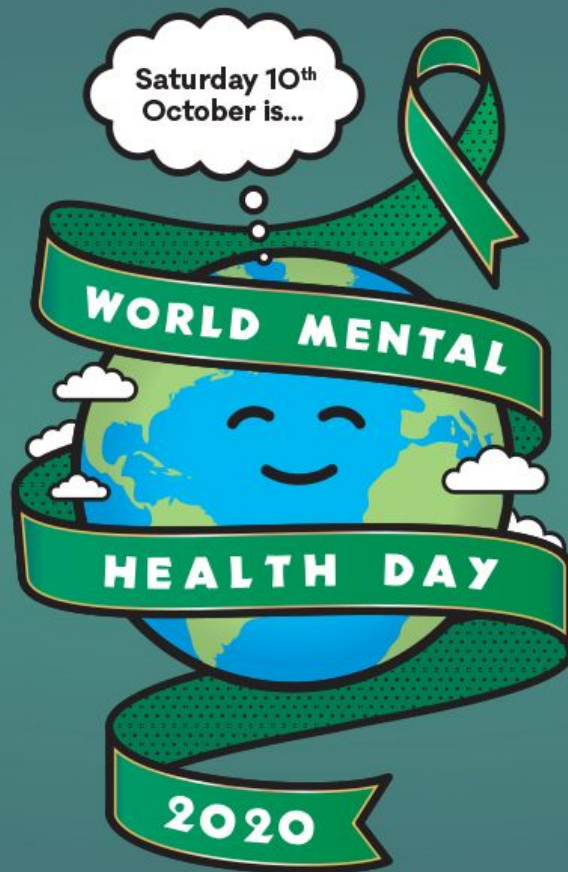**Annotate the stick man on the next page with details of how a person becomes (and stays) healthy**

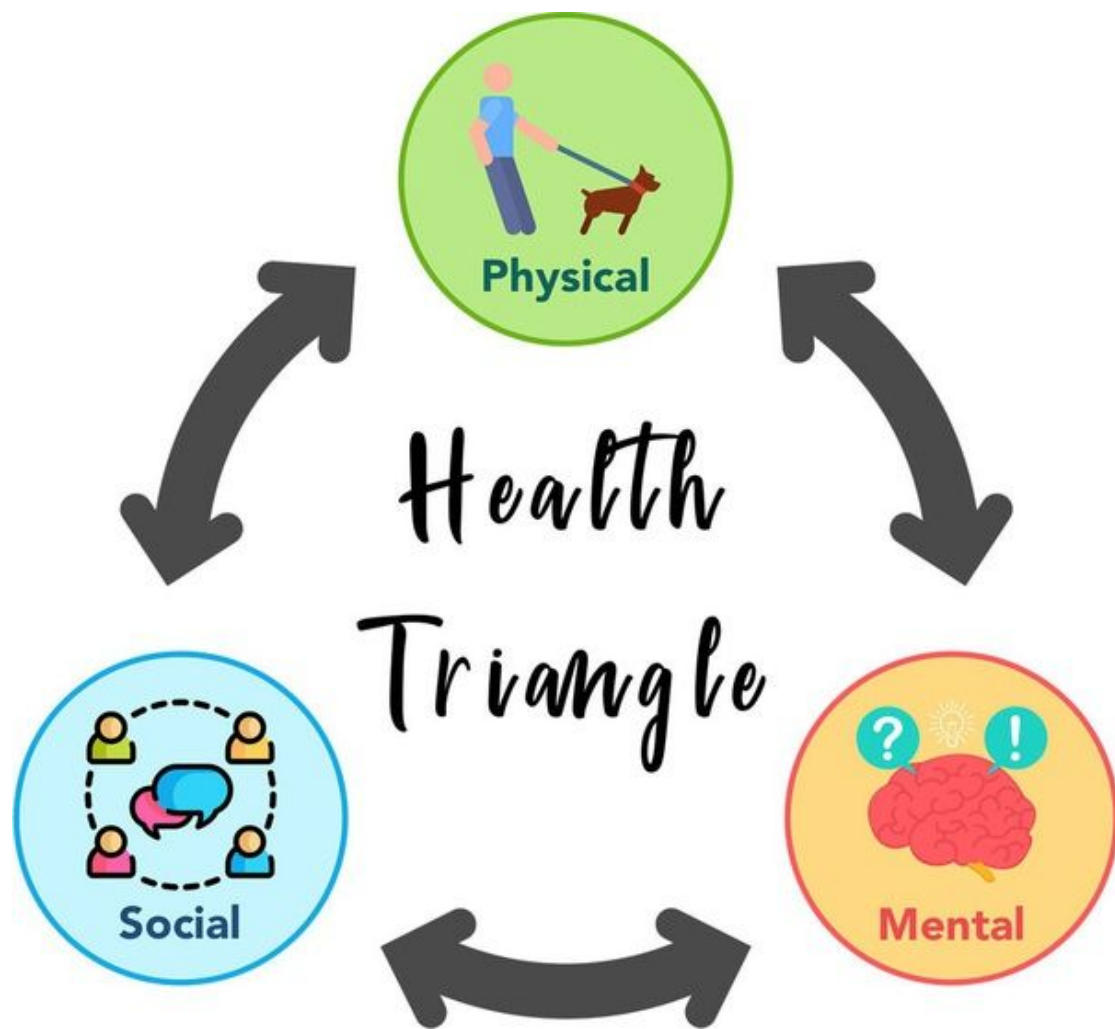# Has anyone included things about looking after your mental health? Examples?

it doesn't make any sense
really in your own head.

World Health Organization

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

Health Triangle

Physical

Social

Mental

Mental health is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her own community.

"Mental health problems", "mental illness" and "mental ill health" are all common terms that are used to refer to the full spectrum of diagnosed clinical conditions such as depression, anxiety, psychosis, bipolar or schizophrenia.

World Health Organization

- **Depression** affects more children and young people today than in the last few decades, but it is still more common in adults. Teenagers are more likely to experience depression than young children.
- **Self-harm** is a very common problem among young people. Some people find it helps them manage intense emotional pain if they harm themselves, through cutting or burning, for example. They may not wish to take their own life.
- **Generalised anxiety disorder (GAD)** can cause young people to become extremely worried. Very young children or children starting or moving school may have separation anxiety.

- **Post-traumatic stress disorder (PTSD)** can follow physical or sexual abuse, witnessing something extremely frightening of traumatising, being the victim of violence or severe bullying or surviving a disaster.

- Children who are consistently **overactive** ('hyperactive'), behave impulsively and have difficulty paying attention may have attention deficit hyperactivity disorder (ADHD). Many more boys than girls are affected, but the cause of ADHD aren't fully understood.

- **Eating disorders** usually start in the teenage years and are more common in girls than boys. The number of young people who develop an eating disorder is small, but eating disorders such as anorexia nervosa and bulimia nervosa can have serious consequences for their physical health and development.

How many children have mental health problems?

The last survey, conducted in 2004, found that 1 in 10 children aged 5-15 had a mental health disorder (either emotional, behavioural, hyperactive, or other). In the newly released 2017 figures, this has risen to 1 in 9.

When we include older children and look across all children and young people aged 5-19, we find that 1 in 8 (12.8%) have at least one mental disorder.

This change was largely driven by an increase in emotional disorders (including anxiety and depression), which for 5-15-year-olds rose from 3.9% in 2004 to 5.8% in 2017.

Across the whole group of 5-19-year olds, around 1 in 12 (8.1%) reported an emotional disorder.

Gender and age

The type and frequency of mental health disorders is different across ages and genders and, overall, rates of mental disorders rose with age.

Boys were more likely to have a disorder among younger age groups, and girls were more likely to have a disorder among older age groups. For the 17-19 age group, nearly 1 in 4 young women had a disorder, with emotional disorders (particularly anxiety) the most commonly reported.
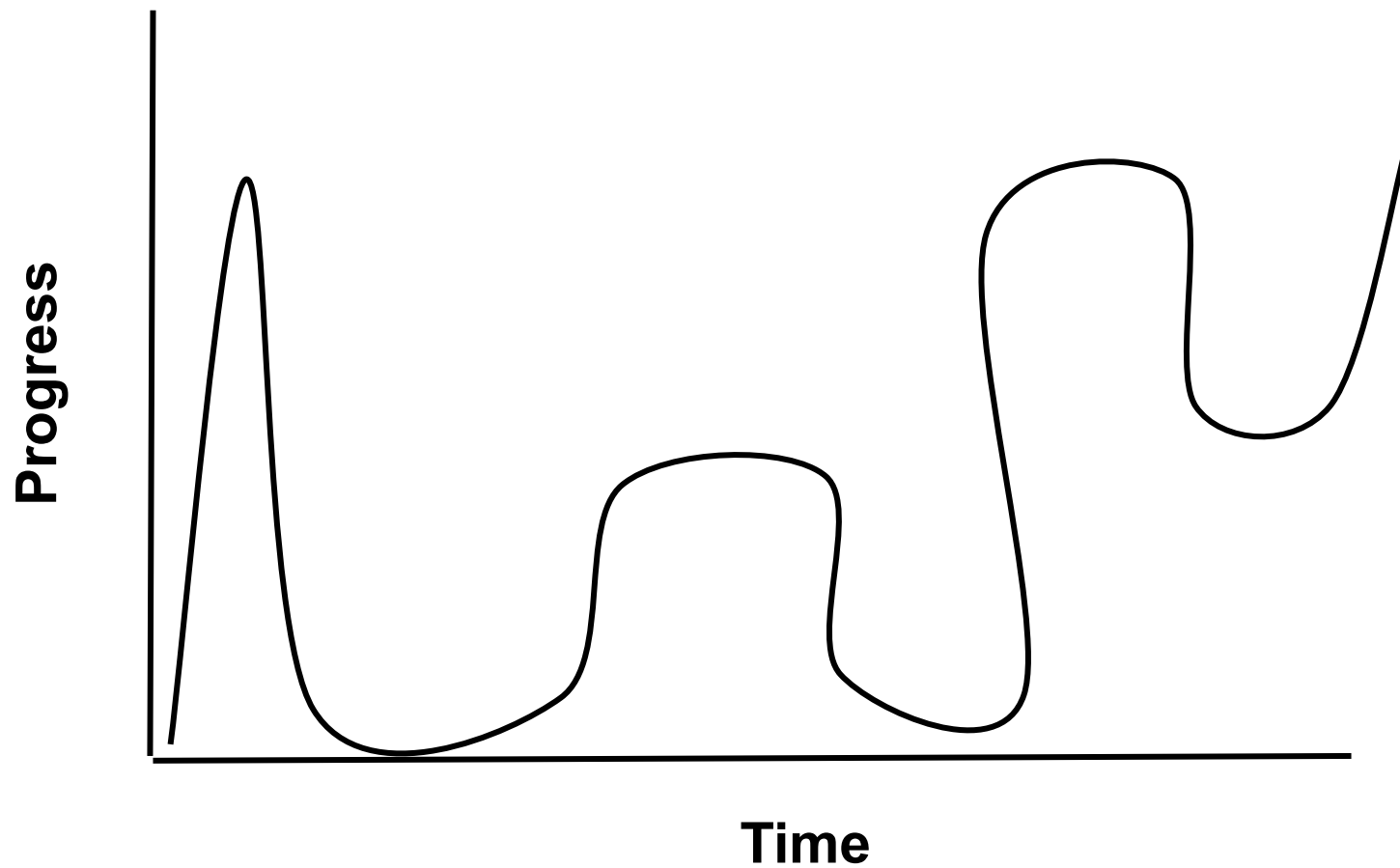
It is concerning that, of young women in this age group with a disorder, over half (52.7%) reported that they had self-harmed or attempted suicide.

THE POWER OF YET
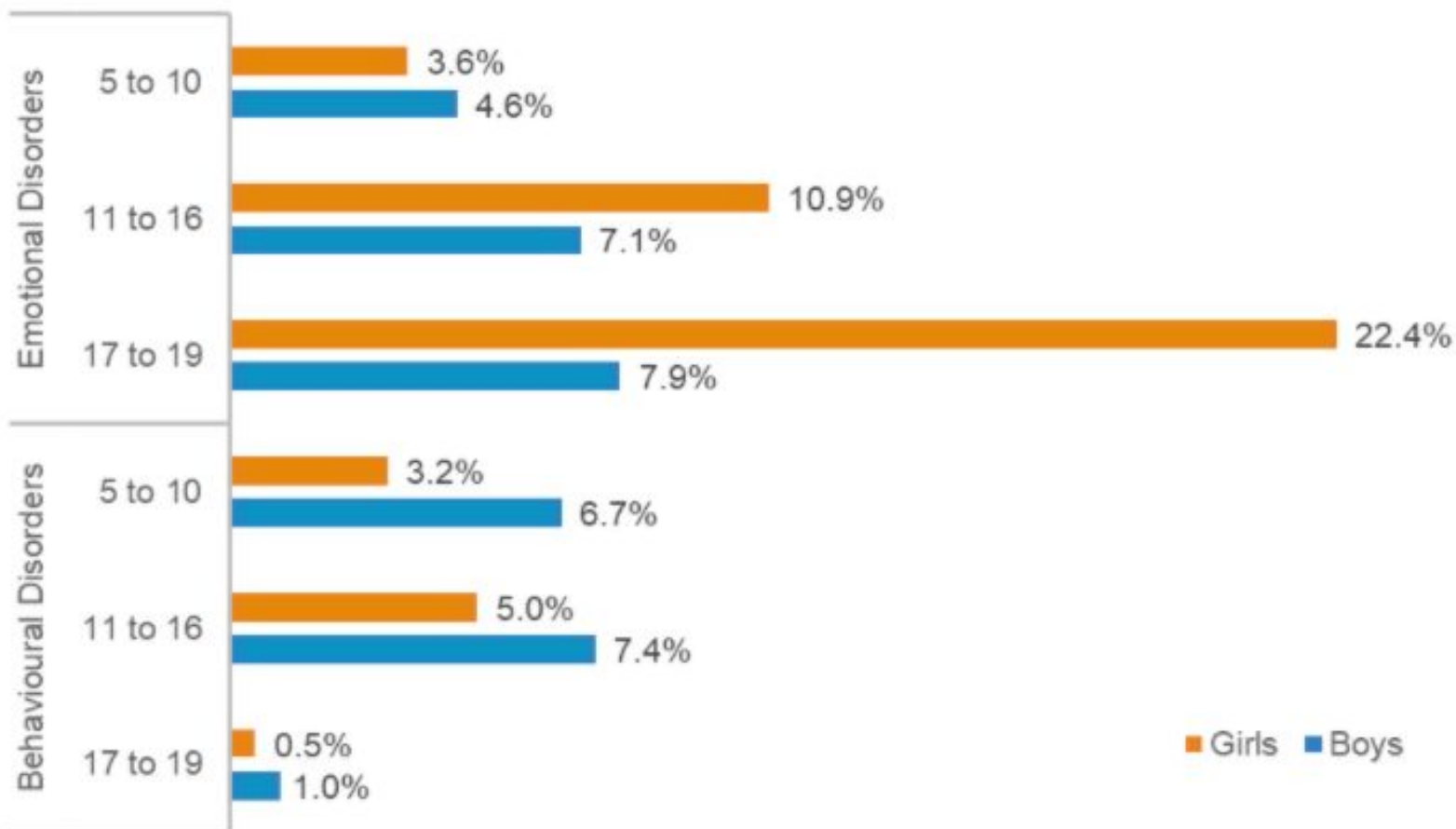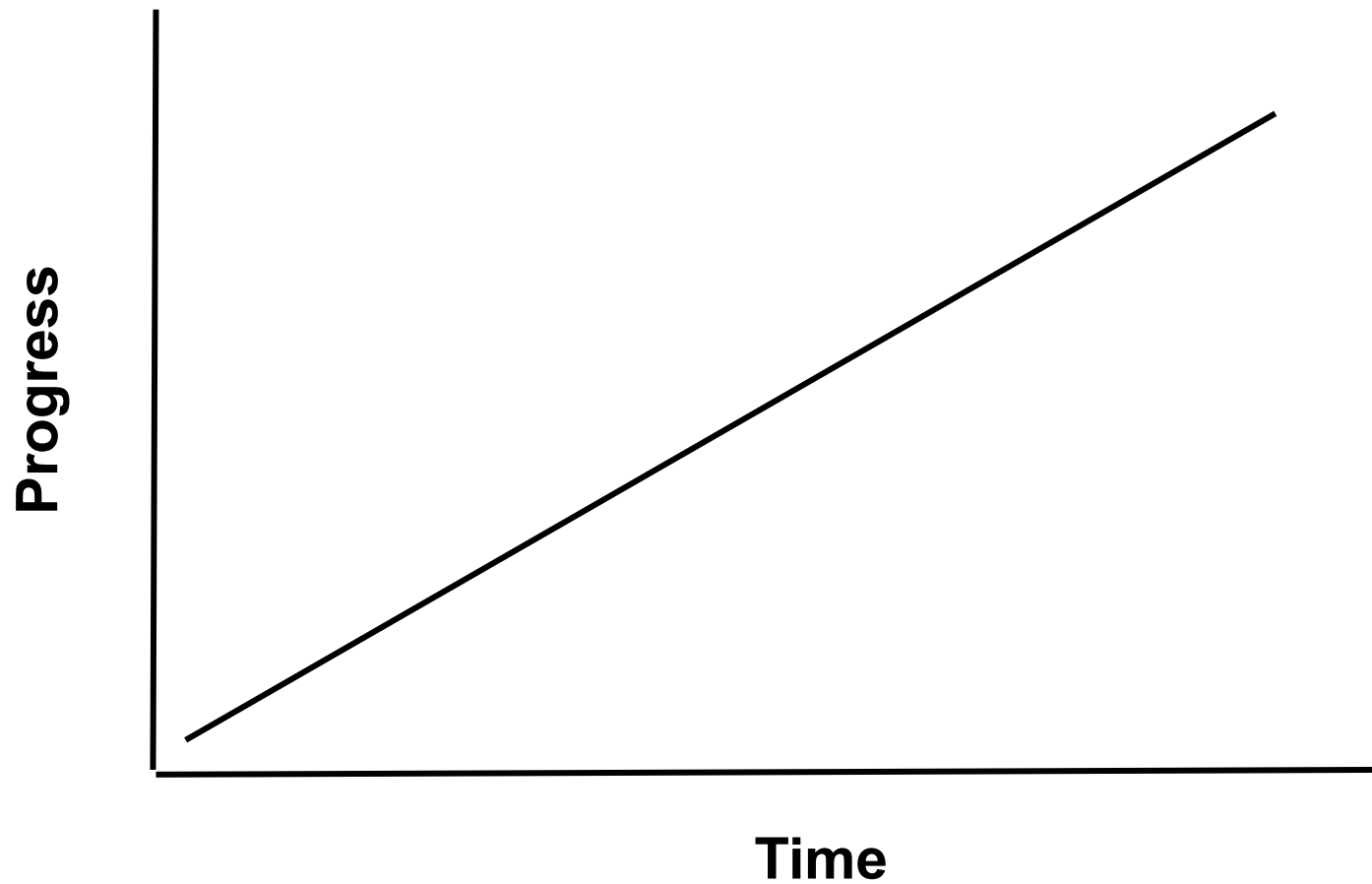
I can't do this...*yet.*
This doesn't work...*yet.*
I don't know...*yet.*
It doesn't make sense...*yet.*
I don't get it...*yet.*
I'm not good at this...*yet.*

Also…

- **Form Tutor**
- **HOH/DHOH**
- **Mr Manley**
- **Mrs Weaver**
- **Mrs Edwards**
- **Mr Roberts**
- **earlyhelp@dhsb.org**

Discuss some possible conversation starters that you could use to talk to a friend who you think seems down.

Further Reading & Info

www.mentalhealth.org

www.mind.org.uk

www.youngminds.org.uk

www.kooth.com

It doesn't have to take a lot,
'cause even the smallest spark

I'VE LEARNED THAT PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL.

-Maya Angelou