

THE INBETWEENERS
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FACTS

- Over 75% of adult mental health problems start before 18
- 1 in 4 adults will experience poor mental health
- 3 children in every class will have a diagnosable mental health problem
- More than half of young people link poor mental health with loneliness and isolation
- Suicide is the biggest killer of young people in the UK

WHAT IS MENTAL HEALTH?

- how we feel, think, and behave;
- how we cope with the ups and downs of everyday life;
- how we feel about ourselves and our life;
- how we see ourselves and our future;
- how stress affects us;
- how we deal with negative things that happen in our life;
- our self-esteem or confidence.

THE AVERAGE TEENAGER

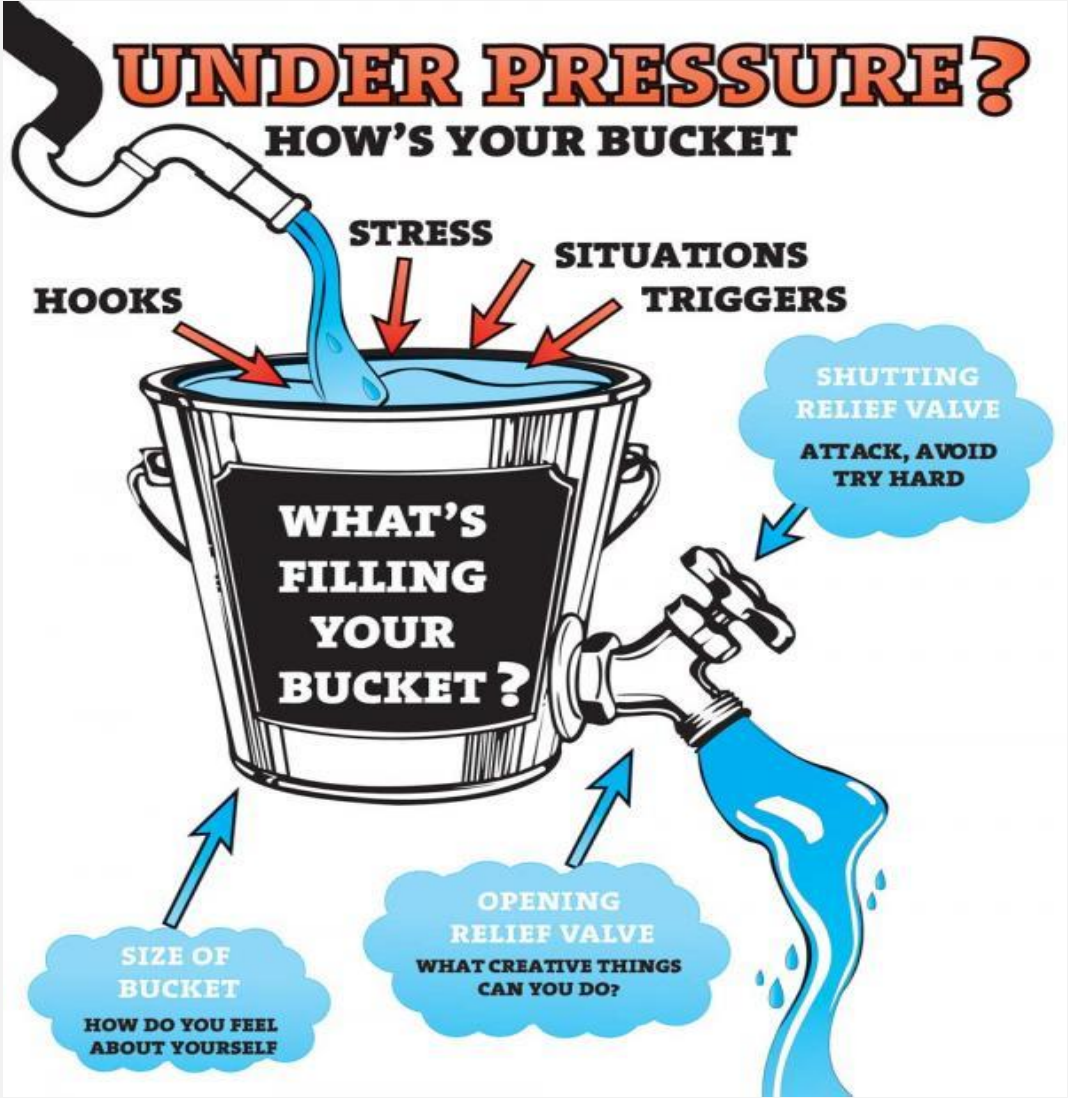


ARE WE THIS?



OR THIS?





STOP NAGGING ME.....CAN I HAVE A
LIFT INTO TOWN?

- Box Breath – regulate!
- Strike whilst the iron is cold
- Communication/communication/communication

TOP TIPS

- The difference between bouts of surly/grumpy behaviour, and unremitting, deep unhappiness over time, with a significant lack of interest in anything at all.
- Don't ignore worrying symptom. Talk to your child about what you've noticed and voice your concerns in a caring and non-judgmental way. Let them know you will willingly hear about what they are going through.
- Trust your gut feeling – you know when something's just not right.
- Avoid asking too many questions, trying to give solutions, dismissing them or glossing over their pain and sadness. Just listen and empathise.
- Try again another day if they don't want to talk about it. Expressing feelings is hard enough at the best of time for teens,

TOP TIPS

- Who else can they talk to?
- Keep connections and communications going.
- Ensure as much of the following as possible: regular physical activity, good nutrition and regular sleep (teens need 9-10 hours per night).
- Seek professional help if nothing is helping and the symptoms are worsening.
- Involve your child in treatment choices. Contact maybe three different counsellors to get a feel for different approaches and types of people.
- Be open with younger sisters and brothers, who will know 'something' is wrong
- Look after yourself.
- Don't blame yourself.
- Be hopeful.

HAPPINESS HOMEWORK

