

Mental Health Awareness

What is Mental Health?

“Mental health is a state of wellbeing in which an individual:

- realises his/her/their own abilities;
- Can cope with the normal stresses of life;
- Can work productively and fruitfully; and
- Is able to make a contribution to his/her/their community.”

(WHO, 2014)



We all have mental health, some of us experience mental health problems. Mental health is a continuum that fluctuates on a day to day basis.

What is Mental Wellbeing?

- How we feel about ourselves, our bodies, and our lives.
- Our ability to deal with the ups and downs that life throws at us (knowing it is okay to struggle when things are tough.)
- Understanding how to be a good friend to ourselves and others (most of the time).
- Being able to enjoy our lives, having good times and positive relationships (this doesn't mean you have to enjoy every moment.)
- Knowing when we need to get some extra help and support and being able to ask for it.

What Do We Mean By Poor Mental Health?

Poor mental health is defined as “a more than temporary state of mind that adversely impacts the ability to function on a day to day basis.”

Find some information on specific mental health problems with Mind's A-Z of mental health: <https://www.mind.org.uk/information-support/a-z-mental-health/>

Basic Statistics Around Youth Mental Health



In 2020, 1 in 6 children (aged 5-16 years old) were identified as having a probably mental disorder. ([NHS Digital, 2020](#))



Only 10% of young people and 6% of parents report finding it easy to get the support they need ([Young Minds, 2018](#)).



Three-quarters (76%) of parents said that their children's mental health had deteriorated while waiting for support from Child and Adolescent Mental Health Services (CAMHS). ([Young Minds, 2018](#))



Two-thirds (69%) of parents said that neither they nor their children had been signposted to any other form of support during the time they were waiting for support from CAMHS. ([Young Minds, 2018](#))

Signs and symptoms: what to look out for

The key here is change, for example:

Changes in your child's behaviour, mood, or how they interact

Changes in their motivation levels and focus

Appearing tired, anxious, withdrawn, or losing interest in activities and tasks they previously enjoyed