

CHILDREN AND MENTAL HEALTH



Good mental health is not something that only concerns adults. Children are also affected by mental health issues.

Good mental health means feeling positive about yourself and being able to cope with things like school, friendships, family and sport.



TEN PERCENT OF CHILDREN AS YOUNG AS FIVE LIVE WITH A CLINICALLY DIAGNOSABLE MENTAL HEALTH PROBLEM



Looking after your mental health is just as important as looking after your physical health.



In fact, poor mental health can lead to poor physical health.



WHERE CAN CHILDREN EXPERIENCE PROBLEMS?



SCHOOL:

Children can experience problems at school ranging from exams and peer pressure, to bullying and much more.



AT HOME:

Some children might be living with abuse, or may be dealing with family issues including parents or carers who argue a lot, are separated or may have parents who are dealing with their own mental health issues.



ONLINE:

The internet can provide a lot of benefits for children including educational and positive content. However, it also can subject children to cyber bullying, comparison and negative comments.



FRIENDSHIPS:

Some children may find it difficult to make friends. Studies have shown it is the depth of friendships that is the most important to your child's mental wellbeing.



BUSY LIVES:

Many children are too busy with homework and extra-curricular activities and do not have time to play or relax after school and training.



TEXT TEAMMATE
85258

here for you 24/7
Powered by shout®

ChildLine

0800 1111

You can talk about anything.
Online, on the phone, anytime.

Lifeline

0808 808 8000

www.lifelinehelpline.info



BE KIND.



BE RESPECTFUL.



BE A TEAMMATE.



TOGETHER IN GAELIC FOOTBALL. TOGETHER FOR MENTAL HEALTH.



HOW YOU CAN HELP A FRIEND



TALK:

Ask the person are they ok, tell them what you have noticed that you are there, and you care.



Gaelic Football is more than a game.



LISTEN:

It is important you listen to the person and what they are saying. Ask open questions, communicate back what they are saying, clarify what the key issues are.



CHECK IN. LISTEN. SUPPORT.



CARE:

Sometimes someone may be going through a difficult time and it may be just that and nothing more. A simple conversation with a friend or loved one may make them feel better.



A STRONG TEAM LOOKS AFTER EACH OTHER.



CONNECT:

If you are concerned suggest the person sees their GP or connects with a local mental health service. If possible, ensure someone who cares for them goes to an appointment with them for support.



TOGETHER WE'RE STRONGER.



WHERE TO GET HELP FOR CHILDREN

Children and young people can experience problems too. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

ChildLine

0800 1111

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GETTING SUPPORT

Don't let things build up: talk to people you trust and who can help.



YOU CAN:

-  See your doctor
-  Call the out of hours GP service
-  Go to A&E department
-  Call emergency services
-  Text TeamMate to 85258
-  Call Samaritans on 116 123

SAMARITANS

116 123



TAKE 5 STEPS FOR WELLBEING

The Take 5 Steps for wellbeing are an evidenced based way to promote mental health.



CONNECT

With your team, family and friends. Good connections support wellbeing.



BE ACTIVE

Exercise is good for your mental and physical health.



KEEP LEARNING

Try something new. Set goals and keep developing your skills.



GIVE

Do something nice for a team mate or volunteer in your club.



TAKE NOTICE

Be aware of how you are feeling. Take time out and look after yourself.



BE KIND.



BE RESPECTFUL.



BE A TEAMMATE.



ONE CLUB. ONE COMMUNITY. ONE GOAL – LOOK AFTER EACH OTHER.

