



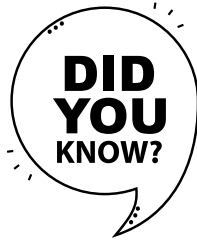
# Children and Mental Health

## What is good 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, parents and siblings, and friendships.

**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 exam 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.

## Causes of mental health issues in children

### School Pressures:

Children can experience academic and social pressures including the need to 'fit in'. Most children will face an issue at some point in school- it is important to recognise that there is a problem and seek help to solve it.

### Neglect and abuse:

Mental health issues can be triggered by psychological trauma e.g. loss of a parent, emotional, physical or sexual abuse or neglect. These events can lead to mental health disorders if not addressed early on.

### Busy lives:

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

### 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.



HELP



## Where to get Help for Children



Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

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



**Give**  
Do something nice for a friend. Smile. Volunteer your time and help your club.

Surround yourself with Family, friends or teammates. Good connections will help you feel supported.



**Keep learning**  
Don't be afraid to try something new. Take up a hobby and something you enjoy and learn a new skill.

Exercise acts as an anti-depressant. Being active is good for your mental health and physical health.



**Take notice**  
Be aware of the world around you and how you are feeling. Take a step back, breath and take a time out.



0808 808 8000

## Getting Support

Lifeline is a 24hr help and counselling service. They can give you immediate support and information on local services.



Text Teammate. Features · 24/7. You can text us any time, day or night. · Confidential. Your messages with us are confidential and anonymous.

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
- Don't let things build up; talk to people you love and trust.



"Always believe you can TRY"



www.tamhi.org