

# Supporting Young People's Emotional Wellbeing

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# What is Emotional Wellbeing?

## HOW YOU...

- Think, Act and Feel
- Look at yourself and your life
- Relate to people in your life

## IT CAN AFFECT YOUR ...

- Relationships with others
- Ability to carry out your day to day activities
- School attendance and attention

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# Myth or Fact?



- Mental Health Problems are very rare
- **Myth!** 1 in 8 young people will experience a mental health problem in any one year
- Young People find it difficult to talk about their feelings
- **Fact!** Nearly 3 in 4 fear the reaction of their friends
- Someone with low mood can just ‘snap out of it’
- **Myth!** Mental health difficulties are just as real as physical health difficulties. It’s not always that easy.

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# Who has Mental Health?

- Everyone has Mental Health in the same way that everyone has Physical Health
- If you're in good mental health you can:
  - Make the most of your potential
  - Cope with the ups and downs of life
  - Play a full part in your family, school and amongst friends
- Emotionally healthy people still feel stress, anger and sadness but they know how to manage their negative feelings

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# What is normal teenage behaviour vs difficulties with their emotional wellbeing

- Is this 'normal' adolescent behaviour?
- It may be difficult to differentiate "normal" teenage behaviour" from the symptoms of depression, anxiety and other emotional difficulties.
- If your child is not engaging in other activities or with friends and is becoming disconnected, angry and sad, this is when the behaviour becomes more concerning ..... Time to seek help

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# How to respond positively

- Deal with the now not the past
- Tell them what you are concerned about
- Try not to interrupt the person
- Speak in a calm voice
- Don't try to get the last word
- Acknowledge that you are in this together
- Parents/Carers ... remember what it was like to be a teen?

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# What to look for/when to be worried?



Eating or sleeping too much or too little



Pulling away from people / social withdrawal



Having low energy or no energy - flat and unmotivated



Feeling helpless, trapped or hopeless about the future



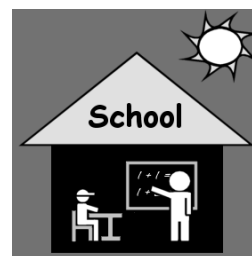
Thinking of harming yourself or others



Avoiding things because you are scared



Physical symptoms (stomach ache, headaches, backaches)



Decrease in school attendance & performance



Drug/alcohol abuse

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# What to look for? (cont)

- Not engaging in your usual activities
- Feeling numb, like nothing matters or can't be bothered with anything
- Having unexplained aches and pains
- Using alcohol or drugs
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Fighting a lot with family and friends
- Experiencing severe mood swings that cause problems in relationships with family or friends
- Having upsetting thoughts and memories that you can't get out of your head
- Hearing voices or believing things that are not true
- Struggling to perform daily tasks like taking care of your personal hygiene, getting school work done or even getting to school

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# Possible influencing factors

- Exam Stress
- Social Media
- Relationship break-ups
- Family break down
- Bereavement
- Drug/Alcohol



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# How to support your son / daughter

- Validating their experiences and emotions
- Validation communicates to another person that his or her feelings, thoughts and actions make sense and are understandable to you in a particular situation (even if you don't agree)
- With validation, we are making sure not to trivialize the others feelings or make them seem silly, unimportant, or exaggerated

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# How to support your son / daughter

- Avoid problem solving
- Active listening: make eye contact, stay focused, to show that what they are saying is important
- Summarising what they have said to show that you have understood
- Being authentic: genuine response
- Open ended questions: not yes/no answer

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# Promoting Resilience

- Look after yourself
- Talk to your friends or family
- Keep busy
- Exercise



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# Where to go for help?

- Teacher
- School nurse
- Counsellor - *Through school or Tactic Centre Monday to Friday: 3pm – 6pm (Thursday until 7pm), Telephone: 01525 373838*
- GP
- CHUMS Emotional Wellbeing and Support Service:
  - *Support with mild to moderate mental health problems accessed through their website [www.chums.uk.com](http://www.chums.uk.com)*
- Aquarius
  - *Support with drug and alcohol problems accessed by phone (add number)*
- Early Help
  - *Support with family..... Your school can refer you*

If appropriate, any of the above can refer to CAMHS for more support

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# Useful websites

- - [www.chums.uk.com](http://www.chums.uk.com) - information for parents section is excellent
- [www.youngminds.org.uk](http://www.youngminds.org.uk) - resources, tools and toolkits are helpful
- [www.nhs.uk](http://www.nhs.uk) - Live Well, young people and mental health section helpful
- [www.camhs.elft.nhs.uk](http://www.camhs.elft.nhs.uk)

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# Self help materials

- Calmharm app
- Mindshift app
- Headspace
- MindEd
- What's up
- Anxious Minds

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