



TYPES OF MENTAL HEALTH PROBLEMS

If you have been diagnosed with a mental health problem you might be looking for information on your diagnosis, treatment options and where to go for support. Our information pages will help you learn more.

- Types of depression
- Stress and anxiety
- Sleep
- Suicide and self-harm
- Eating and body image
- Types of personality disorder
- Mania, bipolar
- Psychosis, hearing voices and schizophrenia

WHAT IS MENTAL HEALTH?

Mental Health affects all aspects of a child's development including their cognitive abilities, their social skills as well their emotional wellbeing. Building emotional resilience is key and we believe there are core attributes seen in mentally healthy children and young people:

- The capacity to enter into and sustain mutually satisfying personal relationships
- A continuing progression of psychological development
- An ability to play and to learn appropriately for their age and intellectual level
- A developing moral sense of right and wrong
- The capacity to cope with a degree of psychological distress
- A clear sense of identity and self worth

With good mental health, children and young people do better in every way. They enjoy their childhoods, are able to deal with stress and difficult times, are able to learn better, do better at school, navigate the online world they grew up in so they benefit from it and enjoy friendships and new experiences.

Childhood and teenage years are when mental health is developed and patterns are set for the future. So a child with good mental health is much more likely to have good mental health as an adult, and to be able to take on adult responsibilities and fulfil their potential.

WHAT'S THE PROBLEM?

Many aspects of today's society can be bad news for the mental health of children and young people in the UK. As they grow and develop, children have to navigate a complex and ever changing world, facing challenges and pressures in numerous aspects of their lives.

- Family breakdown is widespread.
- There is so much pressure to have access to money, the perfect body and lifestyle.
- Materialist culture heavily influences young people
- 24 hour social networking and what young people can access from a young age can have a negative impact on their mental health and wellbeing.
- Body image is a source of much distress for many young people.
- Bullying– including online bullying.
- Increasing sexual pressures and early sexualisation throw young people into an adult world they don't understand
- Violence is rife in many communities and fear of crime a constant source of distress for thousands of young people.
- 13% of 16-24 year olds are not in employment, education or training (NEET).

WHY YOUTH MENTAL FIRST AID?

There are many reasons why people need training in Youth MHFA:

- Mental health and emotional problems often develop during adolescence or early adulthood. Half of young adults with mental health disorders have a psychiatric disorder by 15, and nearly 75% had done so by their late teens.
- Mental health problems are common, especially depression, anxiety and misuse of alcohol and other drugs with 1 young person in 10 experiencing some form of problem with their emotional and mental health in the course of the year.
- For those aged 15 to 24, suicide is the most common cause of death, accounting for 19% of all deaths in this age.
- Between 8-12% of the population experience depression in any year.
- Throughout the course of any person's life, it is highly likely that they will either develop a mental health problem themselves or have close contact with someone who does.
- Mental health disorders in childhood can have high levels of persistence 25% of children with a diagnosable emotional disorder and 43% with a diagnosable conduct disorder still had the problem 3 years later.



mhfa

mental health first aid **Youth**

Youth mental health First Aid (MHFA) is the help given to a young person experiencing a mental health problem before professional help is obtained. The aims of Youth MHFA are to:

1. Preserve life where a young person may be a danger to themselves or others.
2. Provide help to prevent the emotional or mental health problem developing into a more serious state.
3. Promote the recovery of good mental health.
4. Provide comfort to a young person experiencing a mental health problem.
5. Raise awareness of mental health issues in the community.
6. Reduce stigma and discrimination.

Youth MHFA does not teach people to be therapists. However, it does teach people to:

- Reduce the symptoms of mental health problems.
- Provide initial help.
- Enable a young person to access appropriate professional help.

At Higham Lane School, 15 of our staff are qualified Youth Mental Health First Aiders. The Youth Mental Health First Aid course teaches people to:

- Spot the early signs and risk factors of mental health issues in young people.
- Feel confident helping a young person experiencing mental ill health.
- Provide help on a first aid basis.
- Help protect a young person who might be risk of harm.
- Help a young person recover faster by guiding them towards the right support.
- Reduce the stigma of mental health issues.

With a clear focus faced by young people today including bullying/cyber bullying and substance misuse, the course covers mental health issues such as depression, anxiety, suicide, psychosis, self-harm and eating disorder.



**Senior DSL
Dave Evans**



**DSL Debbie
Worth**



**Deputy
Senior DSL Di
Pitcher**



**DSL Emma
Mitchell**



**DSL Steve
Emery**



**DSL Kate
Nuttall**



**DSL Hanif
Ladha**



**DSL Iain
Morris**



**DSL Mark
Davies**



**DSL Sarah
Davies**



**DSL Vanessa
Fern**



Jayne Ayliff



Lynne Gunn



**Margaret
Haggie**

Youth Mental Health First Aid

Organisations

YoungMinds

www.youngminds.org.uk

YoungMinds is the UK's leading charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers. YoungMinds parents helpline: 0808 802 5544
48-50 St John Street, London, EC1M 4DG

MindFull

www.mindfull.org

Mindful is a brilliant new service for 11 to 17-year-olds, providing support, information and advice about mental health and emotional wellbeing; helping you to overcome life's ups and downs and feel confident and happy about who you are. You choose the type of support you receive and, because Mindfull is online, you can get it whenever you want it, wherever you are.

Every Child Matters

www.education.gov.uk

Every Child Matters is a shared programme of change to improve outcomes for all children and young people. It takes forward the Government's vision of radical reform for children, young people and families.

Childline

www.childline.org.uk

Childline is a counselling service for parents, children and young people. It also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English. Help and advice is free and confidential.
Childline: 0800 1111 (available 24 hours a day)

Child and Maternal Health Intelligence Network

www.chimat.org.uk

Provides information and intelligence to improve decision-making for high quality, cost effective services. Our work supports policy makers, commissioners, managers, regulators and other health stakeholders working on children's, young people's and maternal health.

National Statistics Online

www.ons.gov.uk

This site gives free access to data produced by the Office of National Statistics, government departments and devolved administrations.

Early Intervention Foundation

www.earlyinterventionfoundation.org.uk

Championing and supporting early intervention measures to tackle the root causes of social problems amongst children and young people, from 0 to 18-years-old.

Department of Health

www.dh.gov.uk

The aim of the Department of Health (DH) is to improve the health and wellbeing of people in England. This site provides health and social care policy and guidance publications and statistics.

Rethink Mental Illness

www.rethink.org

Rethink is a national mental health membership charity. It works to help everyone affected by severe mental illness recover a better quality of life. Its aim is to make a practical and positive difference by providing hope and empowerment through effective services, information and support.
0300 5000 927 (open 10am to 1pm Monday to Friday)
Email: advice@rethink.org
Rethink Mental Illness
89 Albert Embankment,
London, SE1 7TP

Samaritans

www.samaritans.org

Samaritans is a confidential emotional support service for anyone in the UK and Ireland. The service is available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Volunteers offer support by responding to phone calls, emails and letters. Alternatively, people can drop into a branch to have a face to face meeting.
UK helpline: 08457 90 90 90

You can also email Samaritans at jo@samaritans.org, write to Chris, PO Box 9090, Stirling, FK8 2SA, or if you are deaf or hard of hearing use the single national minicom number 08457 90 91 92.

Time to Change

www.time-to-change.org.uk

Time to Change is an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness. Time to Change is England biggest programme to challenge mental health stigma and discrimination.

Youth Mental Health First Aid

Community development

The Association for Young People's Health (AYPH)

www.youngpeopleshealth.org.uk

A charity and membership forum, creating a focus for everyone working in the field of young people's health across the UK, to promote and support the health and wellbeing of young people by encouraging and facilitating more effective communication between practitioners, working to raise the profile and understanding of young people's health needs, improving access and information, resources, innovation and best practice, and promoting evidence-based practice by making research findings more accessible and supporting new studies into young people's health.

Mental Health Foundation

www.mentalhealth.org.uk

UK charity focussing on mental health research, policy and service improvement.

Mind

www.mind.org.uk

Info Line: 0300 123 3393

Helplines open Monday to Friday 9.00am-6.00pm

Email: info@mind.org

National mental health charity, which offers an excellent range of materials and all aspects of depression and manic depression. It also lists details of local Mind Associations.

Wellness Recovery Action Planning (WRAP)

www.mentalhealthrecovery.com

Early Intervention Foundation

www.earlyinterventionfoundation.org.uk

Championing and supporting early intervention measures to tackle the root causes of social problems amongst children and young people, from 0-18-years-old.

Useful publications

Better Mental Health Outcomes For Children and Young People: a Resource Directory for Commissioners National CAMHS Support Service (2011)

Munro Review of Child Protection (2011)

Mental Health Key Facts for Young People

www.ayph.org.uk/publications/228_AYPH_Key=Data_Chapter6.pdf

Interesting for showing what young people worry about.

Mental Health and Emotional Wellbeing Summary of AYPH Research Update No.1, written by Elaine Harris and edited by Emma Rigby, January 2010

www.ayph.org.uk

Recovery approaches

There are a number of tools, support structures and ways of thinking (philosophies or frameworks) that promote recovery. Examples (with related internet links) include:

Human Given

www.hgi.org.uk

The Tidal Model

www.tidal-model.com

Adapted Expert Patient Programmes

www.expertpatients.co.uk

Story telling or narratives

www.scottishrecovery.net

Depression and Anxiety

Organisations — Depression

Depression Alliance

www.depressionalliance.org

Provides information and support to people with depression and their carers; also lists details of local self help groups.

Tel: 0845 123 23 20 (for information pack)

Email: information@depressionalliance.org

Mind

www.mind.org.uk

National mental health charity, which offers an excellent range of materials on all aspects of depression and manic depression. It also lists details of local Mind Associations.

Info line: 0300 123 3393

Helplines open Monday to Friday 9.00am — 6.00 pm

Email: info@mind.org

MindFull

www.mindful.org

MindFull is a brilliant new service for 11-17 year olds, providing support, information and advice about mental health and emotional wellbeing; helping you to overcome life's up and downs and feel confident and happy about who you are. You choose the type of support you receive and, because MindFull is online, you can get it whenever you want it, wherever you are.

YoungMinds

www.youngminds.org.uk

YoungMinds is the UK's leading charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

Email: If you are an adult worried about a child:

parents@youngminds.org.uk

For general enquiries:

yomenquiries@youngminds.org.uk

YoungMinds Parents helpline: 0808 802 5544.

Childline

www.childline.org.uk

Emotional support for children and young people on issues relating to child abuse, bullying, etc.

Tel: 0800 1111

Get Connected

www.getconnected.org.uk

Free telephone and email helpline which can connect a child or young person to any UK helpline where appropriate.

Tel: 0808 4994 Text: 80849

Talk Don't Walk

www.therelationshipcentre.co.uk/talkdontwalk

Support and advice for young people who have run away from home or are thinking of running away from home or care.

Helpline: 01925 246 910

www.depressioninteenagers.co.uk

Excellent information and help for anyone feeling depressed. This site offers UK students comprehensive information and discussion about:

- > what depression is and how it works
- > what contexts depression flourishes in
- > self help strategies for tackling depression
- > how to get further support and help

Calm

(Campaign Against Living Miserably)

www.thecalmzone.net

Targeted at young men aged 15-35. Helpline and website set up in response to the high suicide rate among young men.

Free helpline: 0800 585858 (Saturday to Tuesday from 5pm – midnight).

Youthhealthtalk!

www.youthhealthtalk.org

A website with video interviews of young people's real life experiences of health and lifestyle. There is a section on young people talking about their experiences of depression and eating disorders.

Youth2Youth (Y2Y)

www.youth2youth.co.uk

The UK's first National Young Person's helpline, run by young people, for young people (11-19 year olds) via telephone, email or online chat.

Helpline: 020 8896 3675 (Monday or Thursday 6.30pm to 9.30pm).

Depression and Anxiety

Useful publications:

Children and Young People Get Depressed Too

- Youngminds leaflet

Michael Rosen's SAD Book

Words by Michael Rosen, pictures by Quentin Blake, Walker Books (ISBN-10 0744598982)

A touching book about what it's like to feel deeply sad

My Name is Zac

(Bereavement). Mind publications.

Comic style booklet on loss.

Touch and Go Joe: An Adolescent's Experience of OCD

By Joe Wells, Jessica Kingsley.

Publishers ISBN-10: 1843103915

This book tells the story of young Joe Wells who faced OCD during his teenage years, a book we would recommend to anyone wanting an easy to understand experience of coping with Obsessive Compulsive Disorder.

Young People's Experiences of Depression and Low Mood: A Qualitative Study

The results of the study are presented across 25 themes in 350 video, audio and written clips on a new section of the organisation's website entitled 'Depression and Low Mood'. For more information, see www.youthhealtalk.org

Organisations — Anxiety

Anxiety UK

(Formerly National Phobics Society)

www.anxietyuk.org.uk

Helps all those suffering with anxiety disorders. Self help leaflets and contact lists. Self help groups, counselling, phone self help groups, email support. Section on young people and anxiety.

No Panic

www.nopanic.org.uk

Helpline for anxiety disorders, panic attacks, etc. Provides advice, counselling, listening and befriending, and can make referrals. Local self help groups and produces leaflets, audio and video cassettes.

Tel: 0808 138 8889 (10am — 10pm every day)

OCD Action

www.ocdaction.org.uk

0845 390 6232 / support@ocdaction.org.uk

Information and support for Obsessive Compulsive Disorders (OCDs) and related disorders including Body Dysmorphic Disorder (BDD), Skin Picking (CSP), Trichotillomania (TTM) compulsive hair pulling.

OCD-UK

www.ocduk.org

Information and support relating to OCDs in children and young people. Produces useful friendly guides including a teen's guide, children's guide and parent's guide.

www.ocduk.org/pdf/youngpeople.pdf

www.ocduk.org/pdf/children.pdf

www.ocduk.org/pdf/ParentsOCDGuide.pdf

CBT Online

www.getselfhelp.co.uk

CBT self help site.

Useful publications:

NICE Clinical Guidelines:

- > Common mental health disorders (CG123) 2011
- > Anxiety (CG113) 2011
- > Post-traumatic Stress Disorder (PTSD) (CG26) 2005
- > Obsessive Compulsive Disorder (OCD) and Body Dysmorphic Disorder (BDD) (CG31) 2005

Finding a therapist

Counsellors and psychotherapists are listed in the Yellow Pages. The following organisations have national lists of therapists.

The British Psychological Society

www.bps.org.uk

Tel: 0116 254 9568

British Association for Behavioural and Cognitive Therapists

www.babcp.com

Tel: 01254 875277

British Association for Counselling and Psychotherapy

www.bacp.co.uk

Tel: 0870 443 5252

Suicide and Psychosis

Organisations

Early Psychosis Declaration

'Achieving an ordinary life for young people with emerging psychosis and their families'

The Early Psychosis Declaration (EPD) is an International Consensus Statement about Early Intervention and Recovery for young people, jointly issued by the World Health Organisation (WHO) and the International Early Psychosis Declaration (IEPA), May 2004.

5 key objectives for action:

1. Raise community awareness
2. Improve access; engagement and treatment
3. Promote recovery and ordinary lives
4. Engage and support families
5. 5. Teach practitioners and community workers

IRIS

www.iris-initiative.org.uk

Initiative to Reduce the Impact of Schizophrenia (IRIS) campaigning for best practice in early psychosis. Download the European psychosis declaration at <http://www.iris-initiative.org.uk/the-early-psychosis-declaration/>

NICE (National Institute for Health & Clinical Excellence)

www.nice.org.uk

Clinical guidance on schizophrenia which includes psychological and medical treatments.

Psychosis and Schizophrenia in Children and Young People (CG155) 2013 NICE Clinical Guidelines

Psychosis with coexisting substance misuse (CG120) 2011 NICE Clinical Guidelines

Bipolar Disorder (CG38) 2006 NICE Clinical Guidelines

MindFull

www.mindful.org

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Rethink Mental Illness

www.rethink.org

Rethink, is a national mental health membership charity. It works to help everyone affected by severe mental illness recover a better quality of life. Its aim is to make a practical and positive difference by providing hope and empowerment through effective services, information and support.

Rethink carries out research which informs national mental health policy and actively campaigns for change through greater awareness and understanding.

National Advice Service 0300 5000 927 (open 10am to 1pm Monday to Friday)

or email: advice@rethink.org

Twitter: www.twitter.co/Rethink

Facebook: www.facebook.com/RethinkCharity

Rethink Talk: www.rethink.org/talk

Sane/Saneline

www.sane.org.uk

Tel: 0845 767 8000

A national out-of-hours helpline which provided support and information to anyone coping with mental illness. SANE is one of the UK's leading charities concerned with improving the lives of everyone affected by mental illness. It has a helpline which offers support and information to callers. The UK site offers extensive literature on subjects including schizophrenia, depression and therapies.

Opening hours: 6pm to 11pm every day of the year including Christmas, New Year and all other public holidays.

Hearing Voices Network

www.hearing-voices.org

Enquiries and information: 0114 271 8210

Email: nhvn@hotmail.co.uk

Hearing Voices Network consists of 130 self help groups in England and Scotland. These groups help voice-hearers through discussion with voice-hearing. HVN is also there to help carers and to support and advise voice-hearers.

Self-Harm & Eating Disorders

Organisations

Anorexia and Bulimia Care (ABC)

www.anorexiabulimiare.org.uk

ABC has 23 years of experience as a UK national eating disorder organisation. ABC provides personal advice and support to anyone affected by anorexia, bulimia, binge eating and all kinds of eating distress.

We support sufferers and their family and friends towards full recovery.

Boy Anorexia

www.boyanorexia.com

Informative website about anorexia in boys in association with the book 'Boys Get Anorexia Too' by Jennifer Langley.

The Royal College of Psychiatrists

www.rcpsych.ac.uk

The Royal College of Psychiatrists' website includes readable and well-researched information about eating disorders for the public, with information for parents, teachers and young people.

Student Run Self Help

www.srsh.co.uk

A website about a project aiming to improve support available to students and young people with eating disorders by setting up a network of student run self help groups. The website contains information about existing self help groups, and information about how to get involved.

Men Get Eating Disorders Too

www.mengetedstoo.co.uk

A website for men who have been affected by anorexia, bulimia, binge eating disorder, compulsive eating and/or exercise.

Men Get Eating Disorders Too is supported by ITV Fixers which aims to help 16 to 25 year olds set up a project about something they care about.

NHS Choices

<http://www.nhs.uk/conditions/anorexia-nervosa/pages/lynsey-and-helen-stories.aspx>

Information about eating disorders and videos of young people's recovery from anorexia/bulimia.

NICE (National Institute for Health & Care Excellence)

www.nice.org.uk

<http://guidance.nice.org.uk/CG9>

National Institute for Health and Clinical Excellence Guidelines on Treating Eating Disorders: Information for the Public. This booklet tells you what treatment you can expect from the NHS.

Beat (beating eating disorders)

www.b-eat.co.uk

help@b-eat.co.uk

0845 6341414 (Monday-Friday 10.30am—8.30pm, weekends 1pm—4.30pm, bank holidays 11.30am—2.30pm).

Youth Line: 0845 6347650 (Monday-Friday 4.30pm—8.30pm), weekends and bank holidays as above.

Beat is the working name of the Eating Disorder Association. This website provides information on all aspects of eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorders and other related eating disorders.

Publications

The Parents' Guide to Eating Disorders by Jane Smith (Lion Hudson)

The Parent's Guide to Self Harm by Jane Smith (Lion Hudson)

Self-Harm & Eating Disorders

Bristol Crisis Service for Women

www.selfinjurysupport.org.uk

TESS — Text and Email Support Service.

Open Monday-Friday evening 7-9pm.

TESS text support—0780 047 2908 (charged at your normal rate_

Information, resources and helpline for women and girls in emotional distress, especially those who self-injure.

National Self-Harm Network

www.nshn.co.uk

Helpline: 0800 622 6000 (Thursday-Saturday, 6.10pm-10.30pm)

Email support@nshn.co.uk

Harmless

www.harmless.org.uk

Harmless is a user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends, families and professionals.

Self harm.co.uk

A national project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life. selfharm.co.uk is part of Youthscape, a registered UK charity that's been working to support young people aged 11 to 19 since 1993.

Useful Information

Self-harm statistics

Adolescent self-harm AYPH Research Summary No. 13, March 2013. Good overview of self-harm and lists of papers and data/stats.

<http://www.chimat.org.uk/youngpeople/research>

The Multicentre Study of Self-harm in England — this project is collecting data on national and regional trends in self-harm presenting to health services, including data on methods of self-harm, how self-harm is managed, compliance with national guidance, and self-harm in young people and in different ethnic groups.

<http://cebmh.warne.ox.ac.uk/csr/msm>

The study is also able to collect important data on outcomes (including suicide), and risk factors.

Nice Guidance

Self-harm (CG16) 2004 NICE Clinical Guidelines

Self-harm (Longer Term Management) (CG133) 2011

NICE Clinical Guidelines

Books/Publications

By Their Own Young Hand: Deliberate Self Harm And Suicidal Ideas In Adolescents, Hawton & Rodham, 2006

Practical advice for teachers, social workers and mental health professionals.

Dancing In The Rain: The Final Cut, Tara L Nicole, 2006

The author tells the story of her adolescence and coping with depression and self-harm.

Healing The Hurt Within: Understanding Self-Injury and Self-Harm, And Heal The Emotional Wounds, Jan Sutton, 2005

A comprehensive resource guide with case studies, expert testimonies, and practical self-help activities.

Heal The Emotional Wounds, Jan Sutton, 2005

A comprehensive resource guide with case studies, expert testimonies, and practical self-help activities.

Life After Self Harm: A Guide To The Future, Ulrike Schmidt and Kate Davidson, 2004

A guide for individuals who have deliberately harmed themselves.

Red Tears, Joanna Kenrick, 2007

A bold and candid novel about a girl who self harms.

Scarred: How One Girl Triumphed Over Shocking Abuse And Self-Harm, Sophie Andrews, 2008

A personal account of overcoming abuse and self-harm.

The Rainbow Journal (free to under-16s)

Aimed at helping young people move from self-harm to self-care.

The Self Harm Help Book, Lois Arnold and Anne Magill, 1998

An information booklet on self-harm.

Who's Hurting Who? Young People, Self-Harm And Suicide, Helen Spander, 2006

A research report based on interviews with 15 young persons.