

Mental Health Awareness Children, Adolescents & Families Quick reference guide

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Mental health: What do we mean?

...mental health is described as more than the absence of mental disorders or disabilities.

“Mental health is a state of well-being in which:

**an individual realizes his or her own abilities,
can cope with the normal stresses of life,
can work productively and fruitfully
is able to make a contribution to his or her community.”**

In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community.

Source: World Health Organisation

Specifically for children and

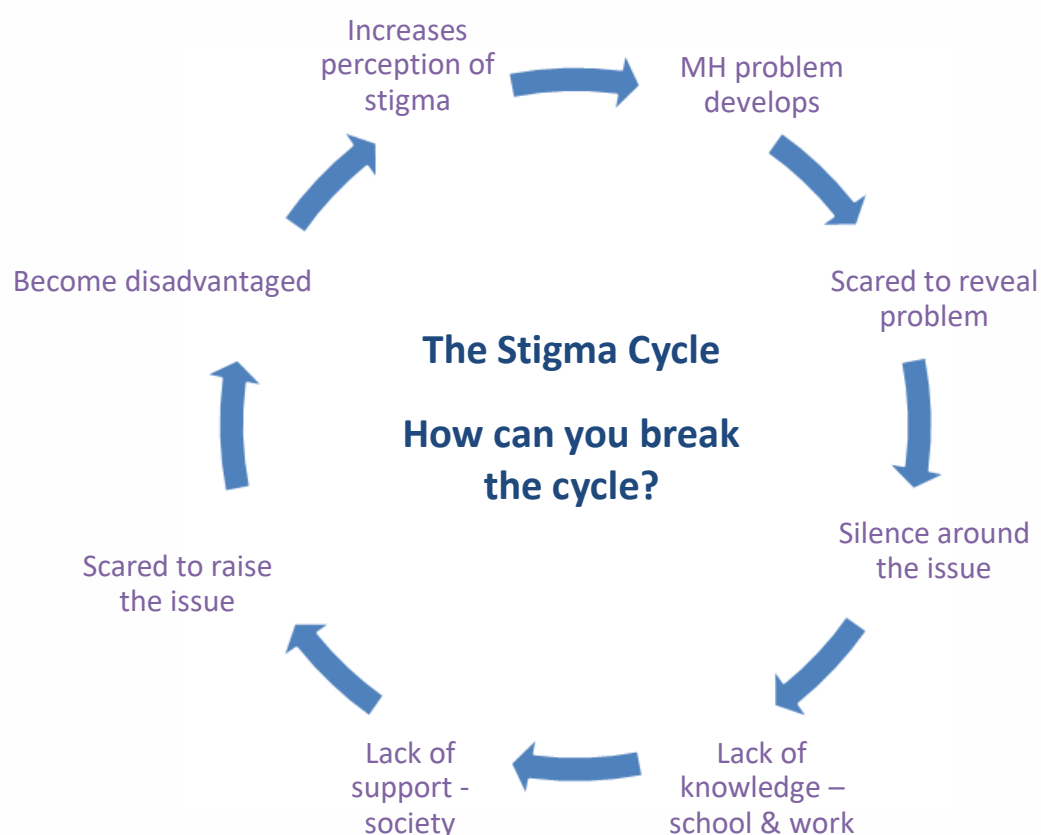
Mental Health affects all aspects of a child's development including their cognitive abilities, their social skills as well their emotional wellbeing. Building emotional resilience is key and we believe there are core attributes seen in mentally healthy children and young people:

- 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

Source: YoungMinds

Stigma in today's world

- 9-out-of-10 adults who experience mental health problems say they face stigma and discrimination
- Most say stigma is worse than the symptoms themselves
- 26% of young people have said that the stigma attached to their mental illness has made them want to give up on life
- Research shows that much of stigma that young people face, come from those they need the most in times of need including friends (70%), parents (57%) and siblings (35%)
- 1-in-5 workers have called in sick for stress BUT 90% have lied to their boss about the real reason for absence
- A major cause of stigma and prejudice is people don't talk about it



time to change

Time to Change are a growing movement of people changing how we all think and act about mental health.

The Time to Change website offers lots of free information and resources to get people talking about mental health.

www.time-to-change.org.uk

time to change

let's end mental health discrimination

You don't have to be an expert to talk about mental health.



Talk, but listen too: simply being there will mean a lot.



Keep in touch: meet up, phone, email or text.



Don't just talk about mental health: chat about everyday things as well.



Remind them you care: small things can make a big difference.



Be patient: ups and downs can happen.

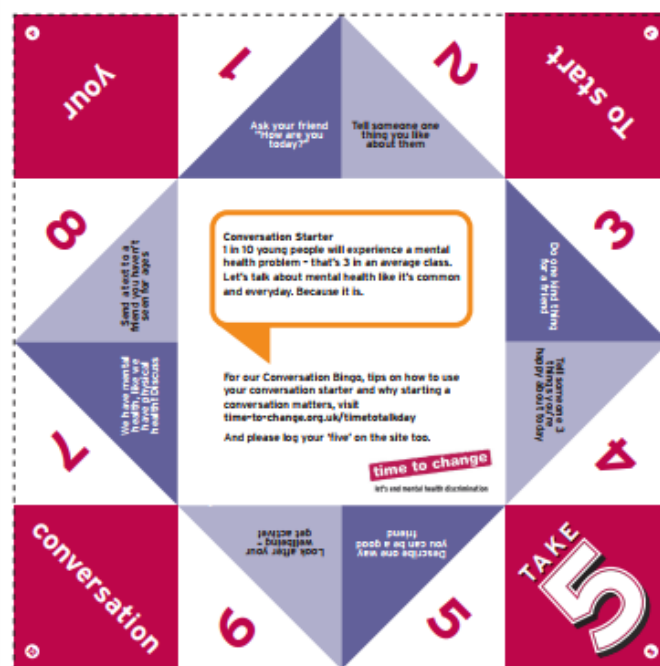
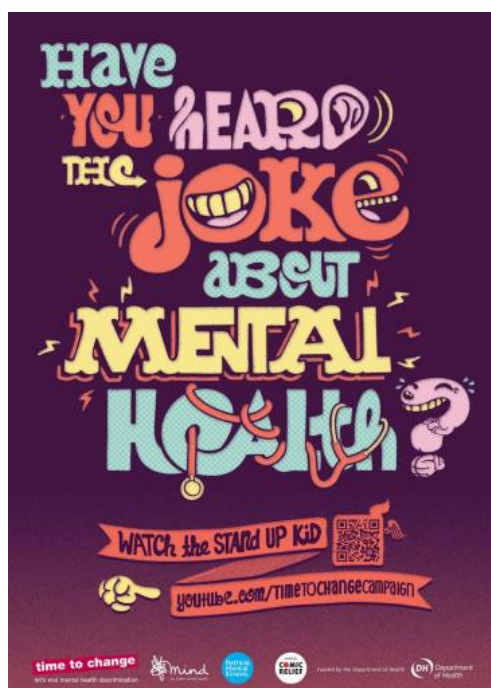
Find out more about mental health and how to be there for someone at time-to-change.org.uk

Someone you know has a mental health problem.

Ready to start your conversation?

it's time to talk. it's time to change

let's end mental health discrimination



Child development: attachment theory

Attachment styles		
Secure	<ul style="list-style-type: none"> ▪ Able to separate from parent ▪ Seek comfort from parents when frightened ▪ Greets return of parents with positive emotion ▪ Prefers parents to strangers 	<ul style="list-style-type: none"> ▪ Have trusting lasting relationships ▪ Tend to have high self-esteem ▪ Comfortable sharing feelings with friends and strangers ▪ Seeks out social support
Avoidant	<ul style="list-style-type: none"> ▪ May avoid parents ▪ Does not seek much contact or comfort with parents ▪ Shows little or no preference for parents over strangers 	<ul style="list-style-type: none"> ▪ May have problems with intimacy ▪ Invest little emotion in social or romantic relationships ▪ Unable or unwilling to share thoughts or feelings with others
Disorganised	<ul style="list-style-type: none"> ▪ Show a mixture of avoidant and resistant behaviors ▪ May seem dazed, confused or apprehensive ▪ May take on a parental role (6+) ▪ Act as caregiver toward the parent (6+) 	<ul style="list-style-type: none"> ▪ Afraid of closeness & see themselves as unworthy of love ▪ Antisocial behaviors - lack of empathy ▪ Disregard rules – high risk of drug & alcohol abuse ▪ Hot and cold - inconsistent
Ambivalent	<ul style="list-style-type: none"> ▪ May be wary of strangers ▪ Become greatly distressed when parents leave ▪ Do not appear to be comforted when parents return 	<ul style="list-style-type: none"> ▪ Reluctant to become close to others ▪ Worry that their partner does not love them ▪ Become very distraught when relationships end

▪
▪

Child development: strokes

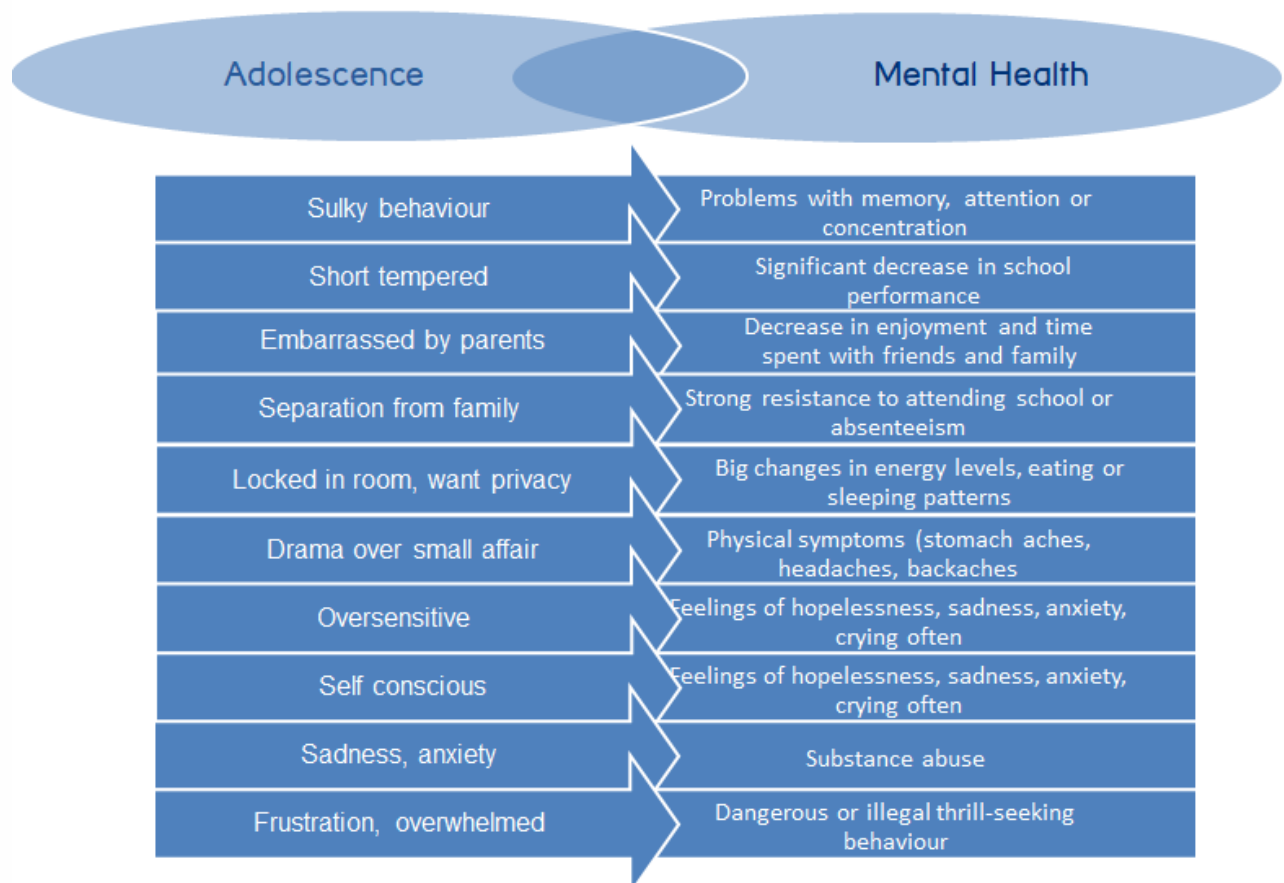
- A stroke is defined as a unit of recognition. (Berne 1971)
- “A stroke is a unit of attention which provides stimulation to an individual”. (Woollams and Brown: Transactional Analysis 1978)

Stroking Profile

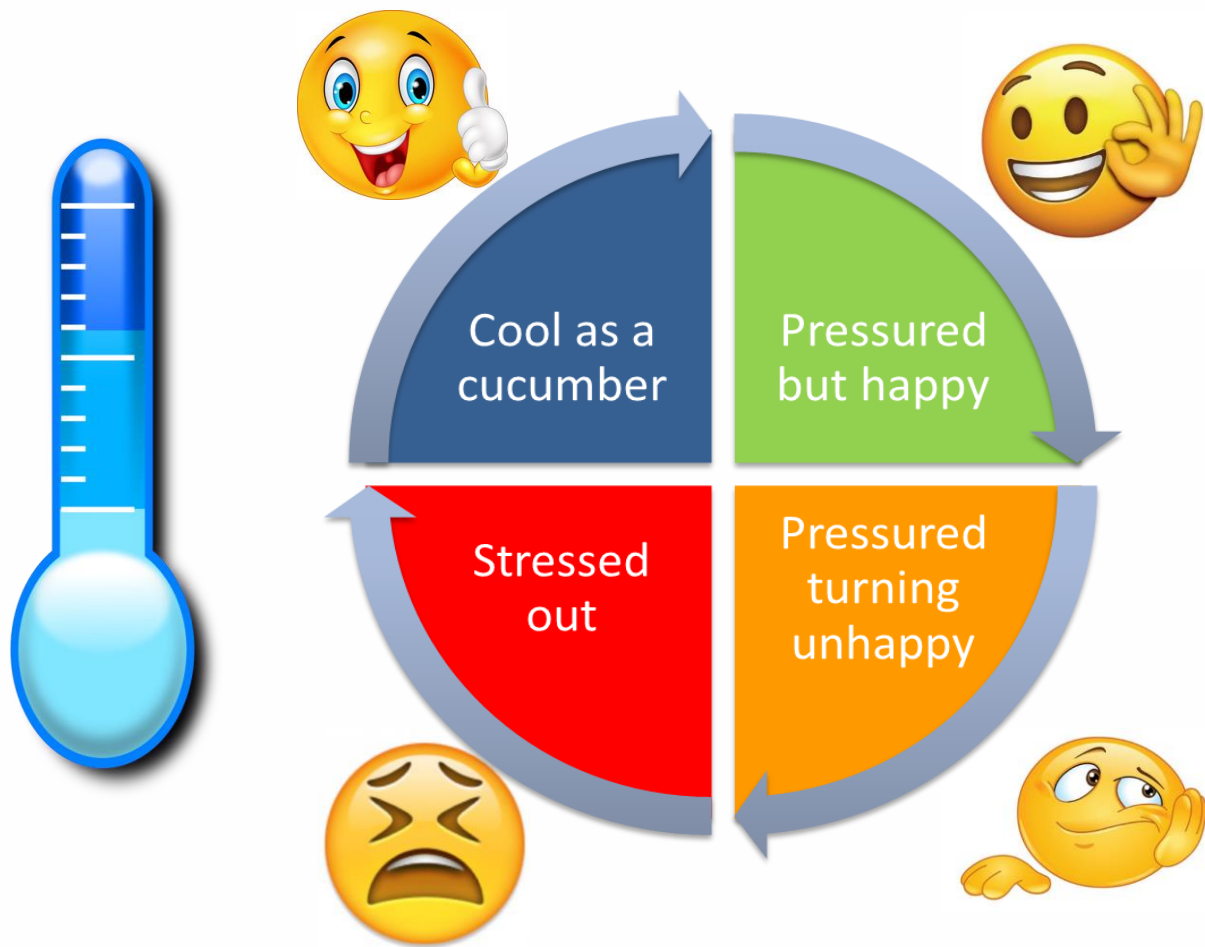
	How often do you give +strokes to others?	How often do you accept +strokes?	How often do you ask others for the +strokes you want	How often do you refuse to give the +strokes they expect from you?
Almost Always				
Usually				
Frequently				
Often				
Seldom				
Almost Never				
	Giving	Taking	Asking For	Refusing to Give
Almost Never				
Seldom				
Often				
Frequently				
Usually				
Almost Always				
	How often do you give -strokes to others?	How often do you take -strokes?	How often do you ask others indirectly or directly for the -strokes that you want?	How often do you refuse to give -strokes

Source: McKenna. (1974, Stroking Profile. TAJ 4(4), 20-24. Redrawn by Rob van Tel, 2011. TA Student

Signs & Impacts in children & young people



Where on the stress curve are the young people you work with?



Anxiety: Signs & Symptoms

What is anxiety?

Anxiety is something we all experience from time to time. However, if anxiety becomes overwhelming and constant and affects the quality of our everyday lives that is when it becomes a problem.

Physical effects of anxiety

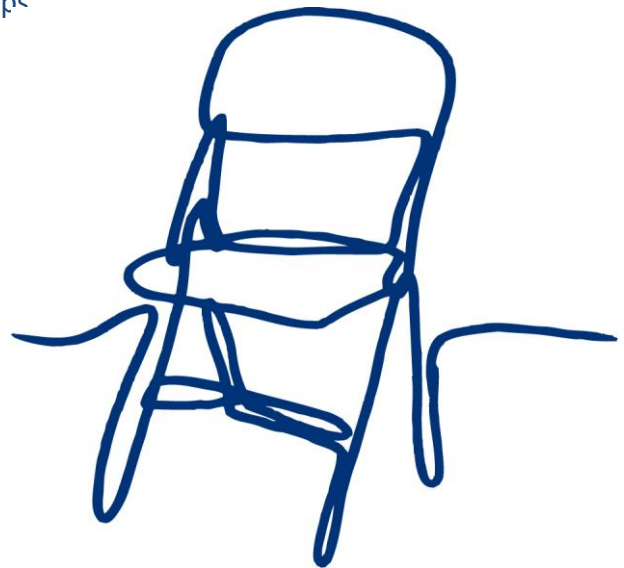
Anxiety can have an effect on both your body and your mind:

- increased muscular tension
- rapid breathing
- rising blood pressure
- changes in the blood supply to your digestive system
- you may feel an urgent need to visit the toilet, and get 'butterflies' in your stomach

Psychological effects of anxiety

These differ person to person but can often include:

- feeling fearful, alert, on edge, irritable, and tense
- thoughts of bad things happening to family, health, accidents
- needing the reassurance of others
- feeling tearful
- negative thinking
- feeling pessimistic
- developing negative coping strategies
- or holding on to negative relationships



Depression: Signs & Symptoms

What is depression?

We often use the expression 'I feel depressed' when we're feeling sad or miserable about life. Usually, these feelings pass in due course.

But, if the feelings are interfering with your life and don't go away after a couple of weeks, or if they come back, over and over again, for a few days at a time, it could be a sign that you're depressed in the medical sense of the term.

Physical effects of depression

- having difficulty sleeping
- sleeping much more than usual
- feeling tired
- loss of appetite, and weight loss
- overeating
- aches and pains with no obvious cause
- moving very slowly
- excessive use of tobacco, alcohol or other drugs

Psychological effects of depression

Thoughts

- difficulty remembering things
- hard to concentrate on work, reading etc.
- difficulty making decisions
- negative thoughts
- feeling the future is bleak
- not seeing the point in things
- suicidal feelings

Feelings

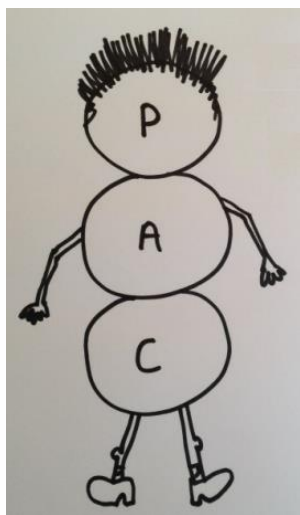
- restless and agitated
- feel numb, empty and full of despair
- feel isolated and unable to relate to other people
- unusually irritable or impatient
- Little pleasure in life
- feel helpless

The impact of depression on behaviour

- not doing activities usually enjoyed
- avoiding social events they usually enjoy
- cutting themselves off from others and can't ask for help
- self-harming
- finding it difficult to speak
- get tearful easily

Communication: The Ego State Model

The Ego State Model is founded in Transactional Analysis Theory, introduced by Eric Byrne in the 1960's. It suggests that we are always in one of three ego states: parent, adult or child.



Parent ego-state

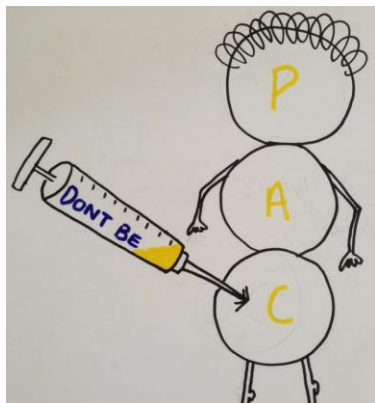
behaviours, thoughts and feelings copied from parents and parent figures

Adults ego-state

behaviours, thoughts and feelings which are direct responses to the here-and-now

Child ego-state

behaviours, thoughts and feelings replayed from childhood



Injunctions

- Don't Exist
- Don't Be a Child
- Don't Be You
- Don't Be a Child
- Don't Grow Up
- Don't Make It
- Don't Do Anything
- Don't Be Important
- Don't Belong
- Don't Be Close
- Don't Be Well
- Don't Think
- Don't Feel



Drivers

5 common "drivers" that drive us when under pressure..

- Hurry Up
- Be Perfect
- Please People
- Try Hard
- Be Strong

Adult Questions to Ask

“How are you feeling?”

“How long have you felt like this?”

I’ve noticed you’ve been arriving late recently and I wondered if you’re okay?

“What would make you feel better now?”

“What support do you need from me?”

“How can we work together to help you?”

“Is there anything else going on that would be useful for me to know about?”

“Have you been to see to your doctor about this?”

“Have you spoken to anyone else about how you feel?”

“How will I know if you start to feel like this again?”

“What are your early warning signs?”

“What keeps you well at school?”

Remember: use your judgement. It’s the individual’s choice whether to reveal personal information

Healthy Counter-Injunctions

Don't Exist
Don't Be You
Don't Be a Child
Don't Grow Up
Don't Make It
Don't Do Anything
Don't Be Important
Don't Belong
Don't Be Close
Don't Be Well
Don't Think
Don't Feel

"Your life is precious"
"You are good enough as you are"
"You can depend on others"
"You can learn from people"
"Look at how much you've achieved"
"It's safe for you to try this"
"You are important"
"People here love your input"
"It's OK to be loved"
"There is time for you here"
"You are clever and we value you"
"It's OK to express your needs"

Installing "Allowers"

Drivers

Hurry Up

Be Perfect

Please People

Try Hard

Be Strong

Allowers

Take your time

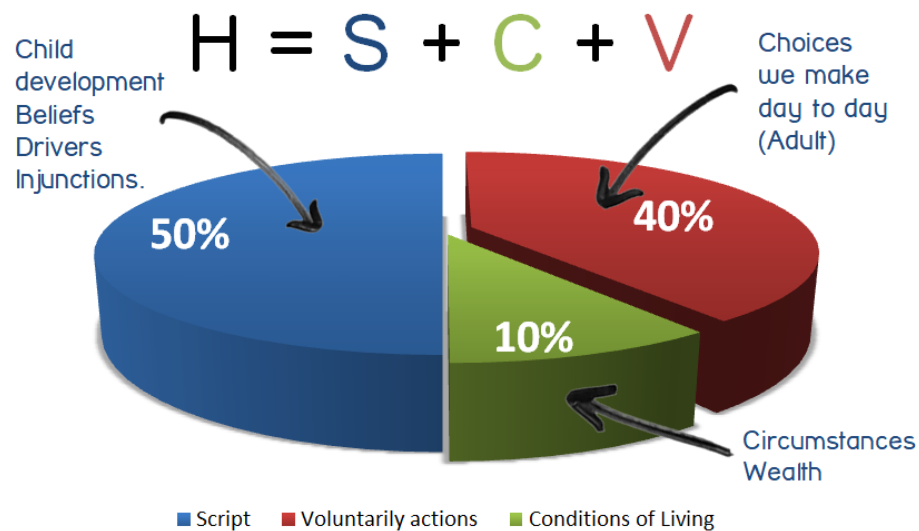
You are good enough as you
are

Please yourself

Do it

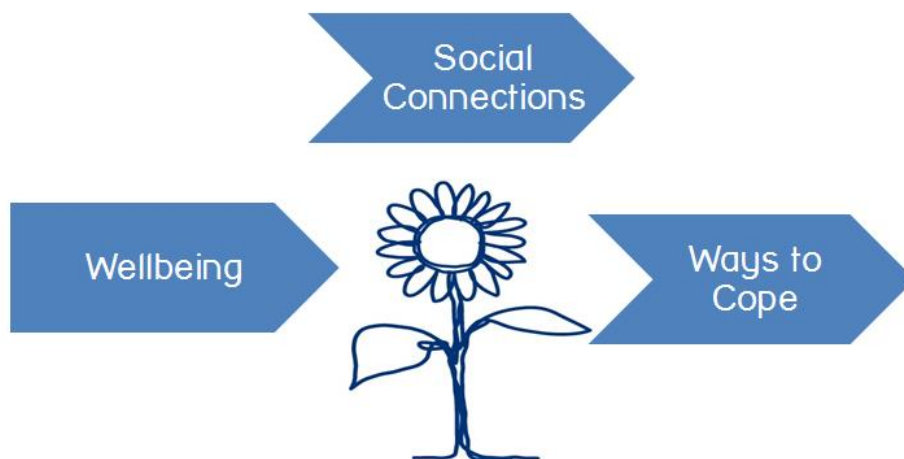
Be open and express your
wants

Wellbeing: The Happiness formula



Three Parts of Resilience

Mind's approach to resilience identifies three key elements, which we believe lie at the heart of resilience: wellbeing, social connections and having ways to cope with difficult events.



The five ways to wellbeing

The Five Ways to Wellbeing were developed by New Economics Foundation from evidence gathered in the UK government's Foresight Project on Mental Capital and Wellbeing. They are designed to help people take action to improve their wellbeing. This can be done on an individual basis or form part of a workplace initiative.

TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections with support and enrich you every day.

DO WHAT YOU CAN,
ENJOY WHAT YOU DO
MOVE YOUR MOOD



Be Active: Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



Take Notice: Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Keep Learning: Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.

Your time,
your words,
your presence



Give: Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and will create connections with the people around you.



The 10 keys to happier living (GREAT DREAM)

The 10 keys to happier living (GREAT DREAM) were developed by positive psychology expert, Vanessa King and published in her 2016 book '10 Keys to Happier Living: A Practical Handbook for Happiness'. The 10 keys identify both outward and inward looking actions to achieve positive wellbeing.

Outside: Daily Activities



Direction



Resilience



Emotion



Acceptance



Meaning

Inside: Attitude To Life



Giving



Relating



Exercise



Appreciating



Trying out

Source: Action for Happiness

Signposting – where to go for support



Young Minds

<http://www.youngminds.org.uk/>
For information about different mental health problems

Time to change

<http://www.time-to-change.org.uk/>
For information around stigma and mental health

Mind

03001233393 Monday to Friday 9-6pm
<http://www.mind.org.uk/>
Promotes views and needs of people with mental health problems

Rethink

0300 5000 927 Monday to Friday 9.30-4pm
<https://www.rethink.org>
Support and advice for people living with mental illness and tips on supporting a friend/relative

Anxiety UK

0844 4775774 Monday to Friday 9.30-5.30pm
www.anxietyuk.org.uk
Charity providing support if you've been diagnosed with an anxiety condition

Bipolar UK

www.bipolaruk.org.uk
Charity helping people living with manic depression/bipolar disorder

CALM

www.thecalmzone.net
The campaign against living miserably-for men 15-35

No Panic

08449674848 Daily 10-10pm
Charity offering support for sufferers of panic attacks and OCD

OCD Action

0845 390 6232 Monday to Friday 9.30-5
Support for people with obsessive compulsive disorder

Samaritans

116 123 Free 24 hour helpline
www.samaritans.org.uk
Confidential support for people experiencing feelings of distress or despair

Sane

0845 767 8000 Monday – Friday 6-11
www.sane.org.uk
Confidential support for people experiencing feelings of distress or despair

NSPCC

0800 1111 Child line 24 hour helpline
Child, sexual violence, domestic violence

Eating disorders (Beat)

0345 634 7650 Monday to Friday (under 25s), www.b-eat.co.uk