

Mental Health: The smallest things can sometimes make the biggest difference

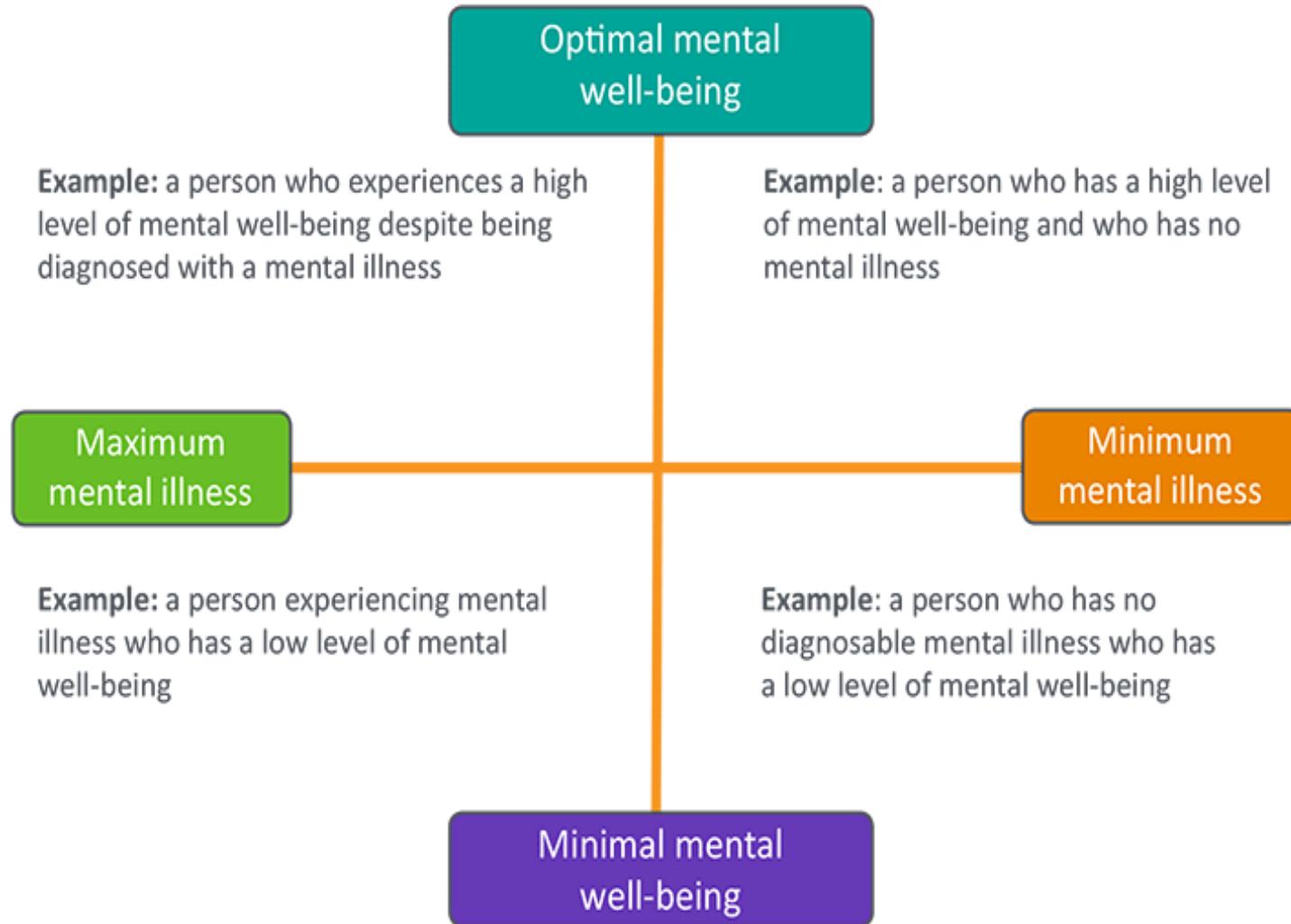


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Objectives

- Look at Hertfordshire and National data on mental health and wellbeing
- Understand what works in schools to prevent mental ill health and promote emotional wellbeing
- Understand some of the key differences in strategies to promote mental health in boys and girls

The Mental Health Continuum: A way to explain mental health



National Data

- 1 in 10 children and young people (aged 5 -16) have a diagnosable mental illness
- 1 in 4 adults have a diagnosable mental illness
- 50% of mental health problems are established by age 14 and 75% by age 24
- Boys are three times more likely to take their own lives through suicide
- Mixed anxiety & depression is the most common mental disorder in Britain, with **7.8%** of people meeting criteria for diagnosis.
- 100% of children, young people and adults have mental health!

Some Hertfordshire Data

- Hertfordshire has higher rates of suicides in males in the 20-29 year age band than the older age band of 35-50, which is the age group with the highest suicides rates in males in England. In Herts, children and young people are therefore a key priority group.
- 43% of young people have high self esteem, which is the same as the England average
- 66% of young people are happy or quite happy with their life as a whole (65% England average)

What do young people in Herts worry about?

Boys:

- Exams
- Physical Health
- School work

WORRIES

- In the past month, 10% of pupils said they had been away from school because of worries about school.
- 23% of boys and 32% of girls said that they worried 'quite a lot' or 'a lot' about their family.
- 28% said if they were worried about family problems, they would keep their worries to themselves.

The main worries for Year 8 pupils:

	Boys		Girls
Exams and tests	44%	Exams and tests	57%
Physical health	31%	The way you look	48%
Death	29%	Problems with friends	40%
War & terrorism	28%	Death	37%
School-work	25%	Physical health	37%

The main worries for Year 10 pupils:

	Boys		Girls
Exams and tests	49%	Exams and tests	72%
School work	32%	The way you look	58%
Physical health	30%	School work	57%
The way you look	25%	Emotional and mental health	43%
Emotional and mental health	23%	Physical health	41%

Girls:

- Exams
- The way you look
- School work

Coping Strategies in Herts

- Boys most commonly use physical activity and sports, and technology and video games as a coping strategy.
- Girls most commonly use music or chatting to friends.
- Boys are more likely to identify solitary coping strategies
- A significant number of young people can not identify any coping strategies – this puts a young person at serious risk

Five things that promote mental health



5 WAYS TO WELL BEING

BE ACTIVE



5 WAYS TO WELL BEING

CONNECT



5 WAYS TO WELL BEING

GIVE



5 WAYS TO WELL BEING

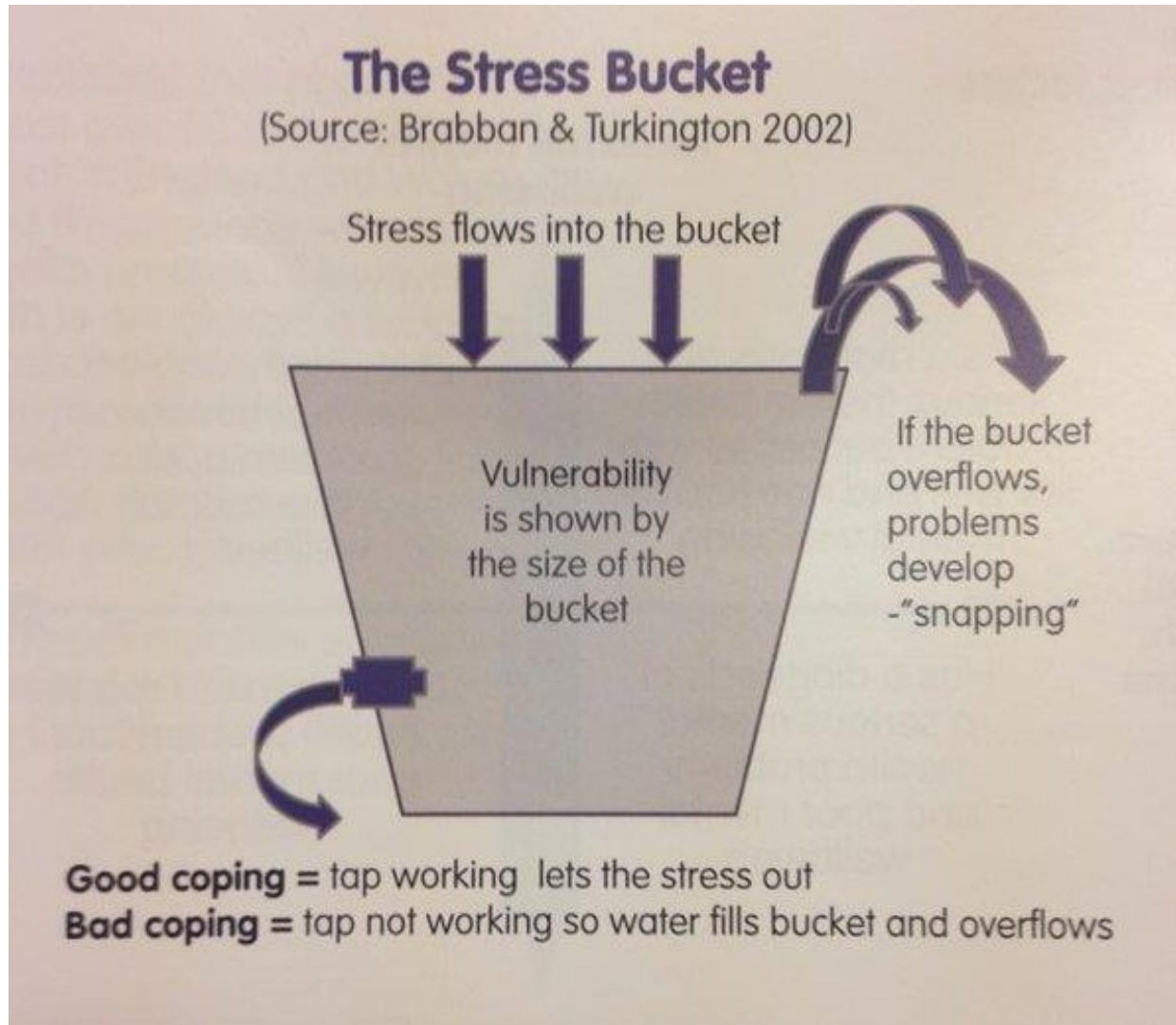
TAKE NOTICE



5 WAYS TO WELL BEING

TO LEARN

A tool for discussion



Some useful resources

- Pastoral Leads Networks & Mental Health Leads
- Whole School Approach to Mental Health Checklist – and introducing a Kite Mark
- Anxiety Toolkit – Includes guide, practical resources, parent tips, lesson plan, presentation for parents, info about support for parent & staff wellbeing, a leaflet and card for young people
- Training for school staff e.g. Mental Health First Aid Youth, Spot the Signs, My Teen Brain, etc.
- Just Talk – lesson plans, role models, information, speakers, & guidebook in the making

Just Talk – A focus on boys and men



- Boys and men are less likely to seek support when struggling
- Current mental health messages don't resonate as well with boys as they do with girls
- Boys and men tend to only access support when at crisis point
- We've launched #JustTalk in Herts. During the launch week the campaign reached over 4.5 million people on Twitter and 41,812 people on Facebook - more than half were boys and men

Just Talk – Key messages



- *Talking shows strength*
- *We all have mental health*
- *It's OK to not be OK*
- *You're less likely to become ill if you seek help early*
- *There is support available and it can really help*

We have (and will continue to create) a range of online films, featuring Watford FC players, comedians, young people, etc. highlighting the importance of talking -

<https://healthyyoungmindsinherts.org.uk/justtalk>

Encouraging young people to seek support

- Build faith in the value of seeking support - that it can and will help
- Emphasise that seeking help early can prevent things from getting worse
- Ensure confidentiality and that young people can feel confident of this
- Challenge people's fear of judgment
- Normalise mental health
- Build on the role of parents and friends
- Receive help from someone you know/trust
- More education, and learning from others
- Service improvements

Support is available

- Make students aware of the support available to them in your school
- School Nursing Service including Chat Health 07480635050 and www.healthforteens.co.uk
- www.healthyyoungmindsinherts.org.uk
- www.Kooth.com Offers free, confidential online counselling support for children and young people in Hertfordshire aged 10-25
- **The Mix:** UK charity providing free, confidential support for young people under 25 via online, social and mobile <http://www.themix.org.uk>
- <https://hubofhope.co.uk> A directory of support services in all areas for all ages

Thank you

Questions or comments?

Please feel free to contact me

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