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Childrens Mental Health and Wellbeing (SJIE5005).

Action Points:

1.Referencing - refer to Harvard Reference Guidance Handbook.

2. Alignment of margins at justify

3. Be more critical and not descriptive.

The emotional wellbeing of children and young people is just as important as their physical health. Good mental health allows children and young people to be able to develop resilience to cope with whatever life may throw at them and then in turn they will grow into accomplished, healthy adults. (Mental Health Foundation. 2021).

Good mental health means being able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you are often thinking, feeling, or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse. (Mind.org.uk. 2021).

Most children will grow up living mentally healthy lives. However, it has been suggested that more and more children and young people suffer from mental health issues today than 30 years ago. Some reasons for this may be the changes in which we all live now, and how these changes affect how our children and young people grow up.

Events that occur to children and young people do not usually result in mental health issues by themselves. Problematic and traumatic events may set off triggers that can then lead to mental health issues within already vulnerable children or young adults.

Some triggers or changes could be, moving home and or school, the birth of a new family member, growing up in poverty, being in the care system, also having to isolate due to Corona virus. Losing the support systems, we surround ourselves with can put an extra strain on our mental health.

Due to the uncertainty of the current pandemic, mental health in children and young people has risen. The uncertain time has meant that all socialising has had to stop or at the very maximum be restricted. Children and young people not knowing when they will return to school and what it will look like when they do return. The benefits socialising has on mental health is proven however, now young people and children need to dig deep and find other ways to keep this social aspect of their lives. This has caused lots of anxiety amongst children and young people and could add to pressures some children and young people may already face. The pressures from exams can prove enough of a challenge without now children and young people not receiving adequate face to face teaching time. This again can add to difficulties, some pupils may not have access to computers or books to ensure learning of an adequate level. The pandemic can be stressful for people. The Fear and anxiety about a new disease and not knowing what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social isolation, can make people feel extremely lonely and can increase stress and anxiety. However, necessary the actions may be, we need to ensure all measures are being taken to keep all possible social links in place. Being able to cope with stress and life's difficulties can bring family, friends, and communities closer and stronger.

Another crucial factor and a natural part of growing up is how our bodies change from children to young adults. Some young people can find this growth particularly stressful and may add to any other issues or self-insecurities they may have. (Mental Health Foundation. 2021).

There are also participating factors that may or may not affect the behaviour that children and young people are showing. These fit into two very broad categories, internal and external. These factors are again unique to each individual and can cause various levels of impact.

These precipitating factors can be known as ACE's Adverse Childhood Experiences. As the number of Adverse Childhood Experiences increases so does the risk of children or young people displaying negative behaviour and mental health issues. Being sensitive to a child or young person's background will help in having a consistent calm approach in offering support. (Crisis Prevention Institute. 2021).

Adverse Childhood Experiences or ACE's may have an impact on how children or young people view themselves or the world and others around them. As a result of being exposed to certain traumas and experiences, children and young people may experience one or more of the following mental health issues.

Depression is more commonly heard of today; however, it is still more so in adults than children or young people. Self-harm can unfortunately be considered a familiar issue. Some children and young adult may find in hurting themselves they are gaining a sense of control back. Anxiety also can occur as a result as exposure to one or more of the experiences. Finding it hard to cope with everyday routines and challenges can become a struggle.

Eating disorders are another symptom of mental health. Finding a focus and control on something else can bring a level of comfort to a child or young person that may not have control on other aspects of their lives.

To help maintain and support the mental health of children and young people we could be taking essential steps to promote a healthier life.

To be in good health, keeping a balanced diet and support an exercise schedule. Allowing yourself the time to relax and enjoy some outside space. Maintain healthy relationships with our family and friends may not be achievable for all, however, surrounding yourself with positive people who want the best for you and your future will help self-esteem and development. Attending school or college regularly can help promote social groups and outside support from diverse backgrounds.

We also have the right to feel loved and trusted. To have the sense of belonging, be it a part of school, family, or community group.

The help provided to children and young people can be found in many separate places. Parental support is one of the most important ways you can make your feelings known. If they are warm and understanding then usually children will freely be able to confide about their feelings, and make it clear about what and how a parent can offer support.

Children and young people can also gain professional help and support, this may be in the form of a teacher, councillor, GP, health visitor. Also, there are online recourses and numbers from the NHS that can offer expert advice. Some of these services include. Organisations such as Childline, young minds, contact a family, Barnardo's, CALM (Campaign Against Living Miserably), PAPYRUS (Prevention of young suicide) and Children and young people's mental health Coalition (CYPMHC). (nhs.uk. 2021).

Talking through our problems can offer great benefits, to tackle our issues, firstly we must fully understand them. children especially can gain this form of support through play scenarios and roleplay.

Amongst adults in most cases Medication might prove more beneficial than talking therapy as it is known. There is evidence that talking therapies can be more

effective for children and young people however, medication in some cases may help. This can be figured out by medical professionals.

The professionals supporting child or young person will keep information about them and their family confidential. Children and Young people can often seek help on their own accord, either by ringing a helpline or by approaching a professional directly. However, consent is usually needed for them to gain medical support if they are under 16 years old.

Children and Young people have a right to privacy and each matter that arises should be dealt with in a sensitive manner. (nhs.uk. 2021).

The affects mental health has on any given person can manifest in many different ways, such as on school life. Children with mental health and learning difficulties face frequent discipline and school failure, which can lead to problems later in life. These aims can be supported, but only with understanding and early intervention.

Emotional and behavioural problems can lead to discipline referrals, school avoidance, suspension and playing catch up. Mental health and learning difficulties can also lead children and young people to drop out of school entirely. The consequences of these school-related issues further on in life can lead to unemployment, prison, and reduced quality of life.

Family relationships also suffer the effects of mental health and can also substantially affect mental health, behaviour, and even physical health. Studies have shown that social relationships, such as family relationships, can have both long- and short-term effects on a person's mental health.

Maslow argued that failure to meet individuals physical and emotional needs at various stages of the hierarchy development, could lead or cause some form of mental health and stress issues. Without our basic needs being met Maslow could show that individuals expressed these short comings in their wellbeing and mental health.

Another key point that Maslow positive health model supplies is the understanding of each individual whether they are going through extreme difficulty or at best health.

Maslow contributed to the field by showing he could balance the dark side of the human mind with love, exuberance, and wellbeing. However, some could argue that Maslow fell short of integrating the positive and the negative sides that mental health can show.

Children and young people may experience a wide range of social and emotional difficulties which manifest themselves in many ways. These may include becoming withdrawn or even isolated. As well as displaying challenging, disruptive, or even disturbing behaviour. These behaviours may reflex underlying mental health difficulties such as anxiety or depression, self-harming, substance misuse, eating disorders or physical symptoms that can be medically explained. Other children and young people may have disorders such as attention deficit hyperactive disorder or attachment disorder. (Frederickson, N. and Cline, T., n.d.)

*As a state of wellbeing in which the individual realises his or her own abilities,
Can cope with the normal stresses of life, can work productively and fruitfully,
And can contribute to his or her community. With respect to children an emphasis
Is placed on the developmental aspects, for instance having a positive sense of identity,
The ability to manage thoughts, emotions, and to build social relationships, as well as
the aptitude to learn and get an education enabling their full participation
In society. (Frederickson, N. and Cline, T., n.d.)*

According to a sample from a community in England, Scotland, and Wales. 10% of 5–15-year-olds were found to have a clinically diagnoseable mental disorder at any time. However, there were some groups within these community groups that were found to be more vulnerable than others. Children and young people that were in public care, also those that were involved with the youth justice system.

With the failure of the education system, family breakdown, offending and antisocial behaviour, there has been strong links found between child and young children mental health issues and then leading onto mental health issues in later adulthood.

It can often be upsetting, confusing and sometimes frightening to experience a mental health problem, particularly if it is the time experiencing them. Often children and young people can still embarrassed or ashamed to talk to anyone.

These fears are often reinforced by the negative ways that people that are experiencing mental health problems are shown on TV, in films and by the media. This may stop children and young people from talking

about their problems, or seeking help. This, in turn, is likely to increase the levels of distress and sense of isolation.

However mental health problems are a common human experience. Most people will know someone who has experienced a mental health problem. They can happen to all kinds of people from all levels of society. And it is likely that, when you find a combination of self-care, treatment and support that works for you, you will get better. (Child Mind Institute. 2021). It is important to surround yourself with positive support from family and friends, this will help aid a positive recovery and consistent positive future. Taking care and supporting friends and family will help reduce the levels of stress that may be felt, but this should not be taken away from the fact that self-care is just as important. Helping others cope with their stress, such as by supplying social support, can also make your community stronger. During times of increased social separation, people can still keep the social connections and care for their mental health. Phone calls or video chats can help eliminate the feeling that no one is there and loved ones can feel socially connected, less lonely, or isolated. (Centers for Disease Control and Prevention. 2021).

Reference

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