

Does resilience support children and young people's mental health?

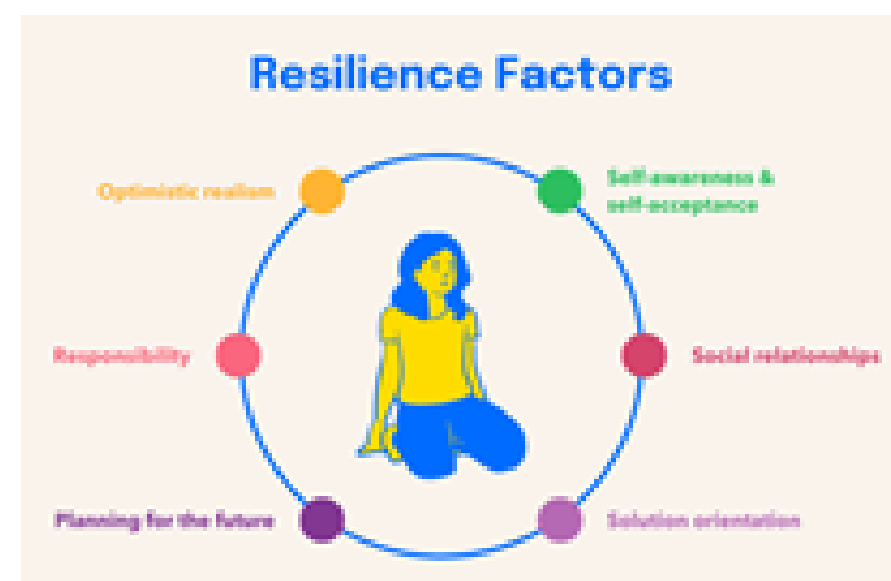
What is resilience?

Defined as the ability to adapt to change positively , recover from difficulties and persist in facing challenges (Southwick et al., 2014).

Resilience should be promoted from a young age to improve long term positive outcomes (Gilligan, 2000).

Not a fixed trait but a dynamic process influenced by individual and environmental factors (Public Health Wales, 2018).

"Ordinary magic" in the developmental process. (Masten, 2014).

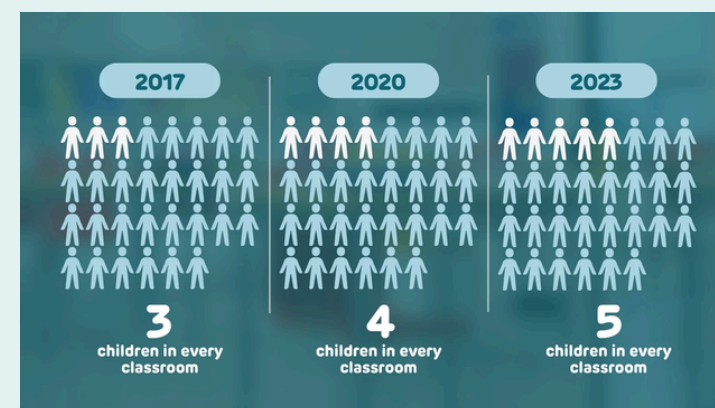


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Why this topic matters?

- 1 in 6 UK children experience mental health issues (NHS Digital, 2022).
- Half of all mental health problems start by age 14 (WHO, 2022).
- Early intervention is critical.



Link between resilience and mental health

Resilience can act as a barrier against mental health issues such as:

- Strong emotional regulation, coping strategies, and problem-solving skills,.
- Resilience promotes positive mental health outcomes.

Resilience in Education Environment

Whole school approaches promote:

Emotional literacy and inclusion;

- Are key settings for promoting resilience;
- Positive school and teacher support can impact development of resilience.



Role of Key Relationships

- Supportive relationships are essential to building resilience;
- Positive attachment figures and emotional support contribute to emotional regulation and security;
- Self-compassion is a key link of promoting own resilience.



Medication

Tool for managing mental health conditions but not a solution for building resilience;

- Complementary to psychological support but not a replacement;
- Holistic approach to combining medication with emotional support.

Future Directions

- Further research on resilience in diverse populations;
- Exploring resilience building programs tailored to specific mental health conditions;
- Strengthening the integration of mental health support within educational settings.

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