



Mental Health and Resilience in Children Factsheet

Mental health problems affect about 1 in 10 children and young people. They include depression, anxiety and conduct disorder, and are often a direct response to what is happening in their lives.

Types of Mental Health that can affect Children include:

- Anxiety
- Depression
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder
- Eating Disorders

Ways to improve Wellbeing:

- Exercise Regularly
- Participate in Outdoor Activities
- Eat Healthily
- Socialise
- Mindfulness
- Talk to Someone

"It is thought that in the UK 1 in 15 young people has self harmed - on average two in every secondary school classroom." *Barnardos*

Useful Links

help@nspcc.org.uk
Call: 0808 800 5000
nspcc.org.uk

Young Minds - Child & Adolescent Mental Health
Parents Helpline: 0808 802 5544 (Mon-Fri
9.30am-4pm)
youngminds.org.uk

Childline
Call: 0800 1111
childline.org.uk

Mind Infoline
Call: 0300 123 3393 or Text: 86463
Mind.org.uk

Alarming, however, 70% of children and young people who experience a mental health problem have not had appropriate interventions at a sufficiently early age.

The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.



Young people can experience a range of mental health problems. Childhood and teenage years are a time when you are usually changing rapidly and developing all the time.

While often it's possible to talk to parents or carers about feelings, you may find it hard to do so. You might express how you feel through being moody, getting in trouble at school or at home or by becoming angry easily.

Possible Signs of Mental Health Conditions in Children include:

- Physical symptoms such as Headaches or Stomach Aches
- Persistent boredom/difficulty concentrating
- Self Harm
- Substance Abuse & Risk Taking Behaviour
- Sleep Problems
- Appetite Problems

