



# Teenage Mental Health

## Parent and Carer Session

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# We're talking mental health

## Our vision

A world where people understand and talk openly about mental health, where young people and those who support them are equipped to maintain and enhance their mental health and wellbeing, and have the confidence to seek help when they need it.



Let me introduce myself...

Charlie Waller Trust  
since 2016

Experience  
working in NHS  
and  
education



# Evidence based training



## Positive

We take a positive approach to mental health. We focus on prevention and early intervention, and recognise the importance of offering hope.



## Proven

Our consultancy, training and resources are all based on sound clinical evidence.



## Practical



We give people practical strategies and tools to care for their mental health, and to support others in doing so.



# Charlie Waller course terms for online sessions

## Course materials

**By participating all participants agree that without prior written permission:**

-  They will not copy, modify, reproduce, or in any other way make use of the Course Materials whether written or digital or otherwise.
-  They will not record on video or tape, relay by smartphone or other means the event delivered by the Charlie Waller Trust.



# Working online



## Zoom Functions

- Camera on
- Mute audio
- Chat function
- Hand icon
- Chat rooms



## Your Space

- Comfort
- Materials
- Minimal distraction
- Drink



## Safe Participation

- Confidentiality
- Respect
- Listen
- Opt in
- Opt out
- Support



# Safety first

- ✓ Confidentiality: 'what's said in the room stays in the room'
- ✓ Sensitive issues may be discussed
- ✓ Monitor your own wellbeing and opt in or out of discussions accordingly
- ✓ Know where to access support



# Aims

- Highlight the importance of a whole school approach
- Understanding our teenagers; the teen brain
- The impact of COVID
- What we mean by mental health
- Provide an overview of depression and anxiety
- Support strategies
- Resources
- The importance of looking after self



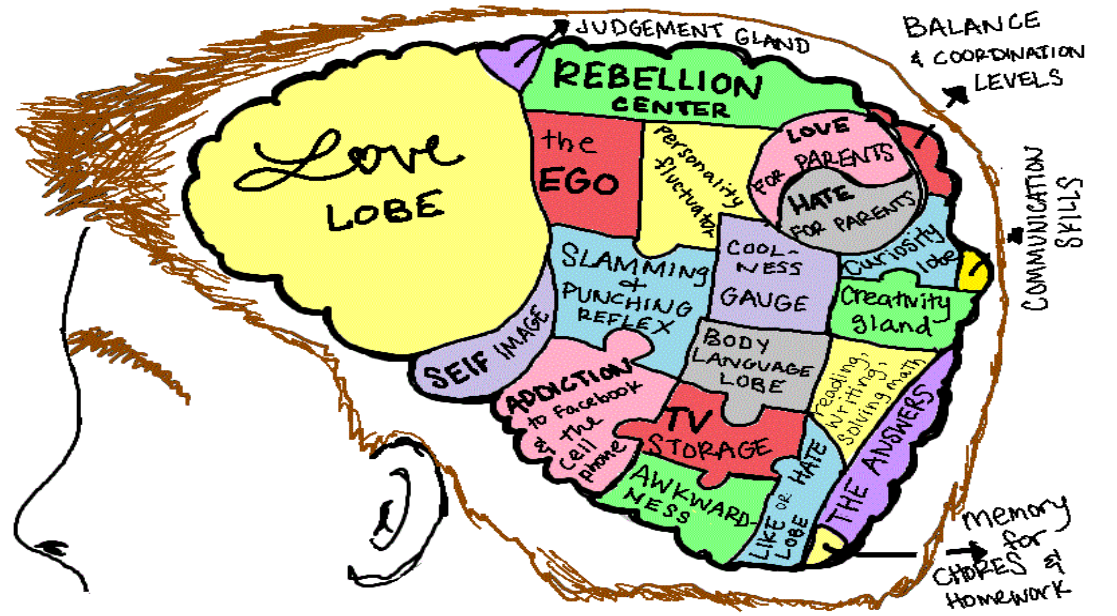


# **A Whole School Approach to mental health & wellbeing**



# The Teen Brain

## THE AVERAGE TEENAGE BRAIN





# Impact of Covid-19

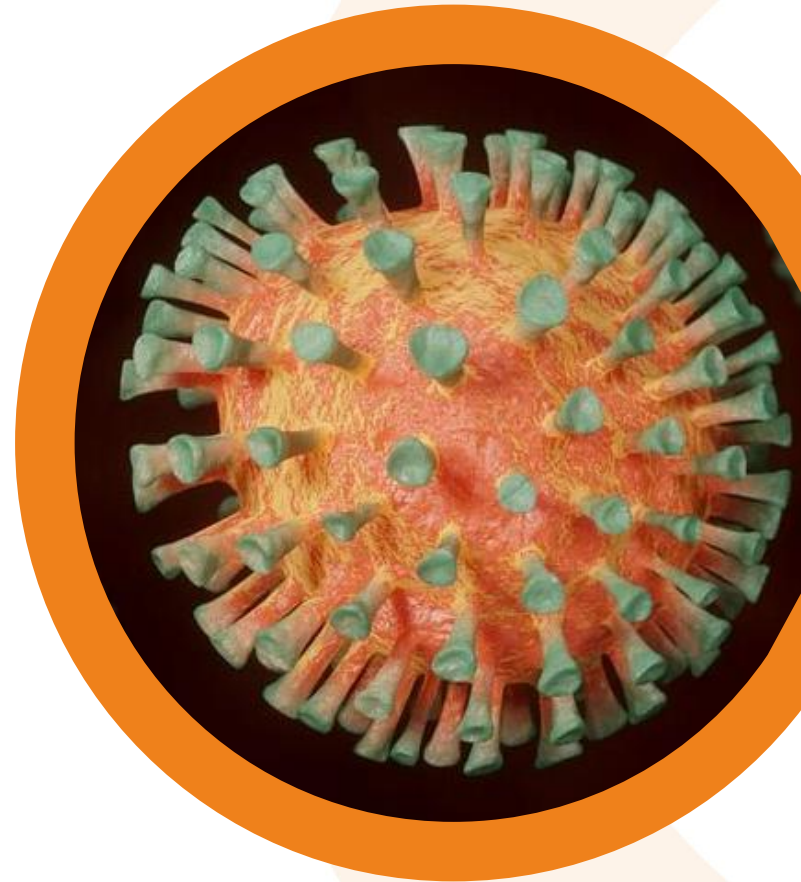




## *Impact of Covid-19*

74% of teachers and school staff agreed that schools being closed to most students over the period of lockdown has had a negative impact on the mental health of young people.

(YoungMinds survey, June 2020)

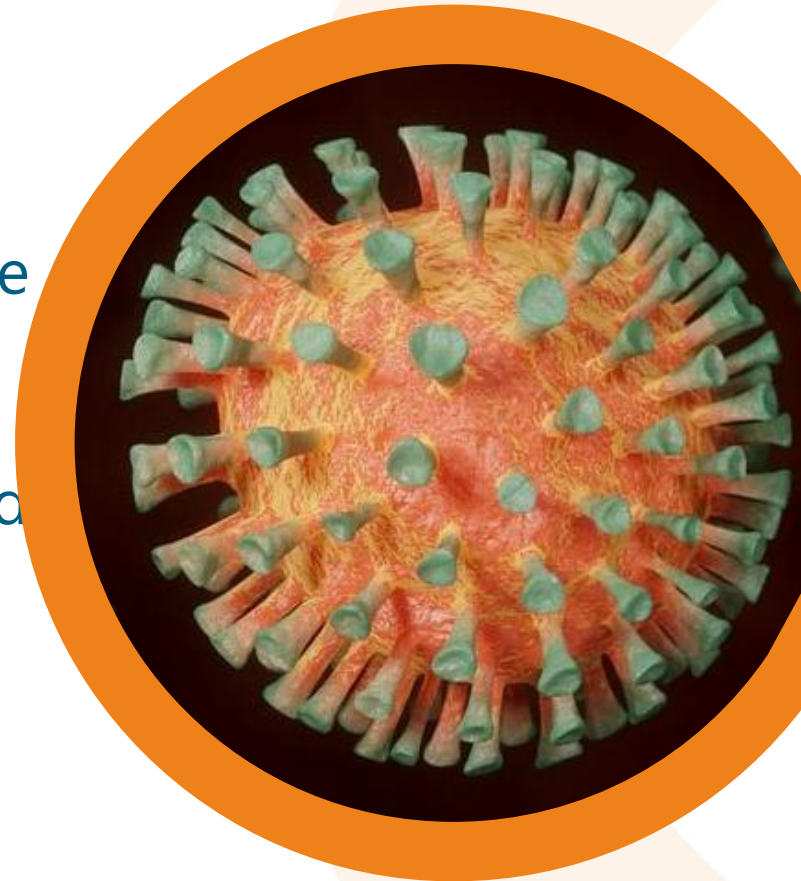




## *Impact of Covid-19*

More than half of parents (56%) are worried about their child's mental health at a time when schools are closed and contact with friends and family is restricted as a result of social distancing.

(Save The Children, 2021)







**What is mental health?**

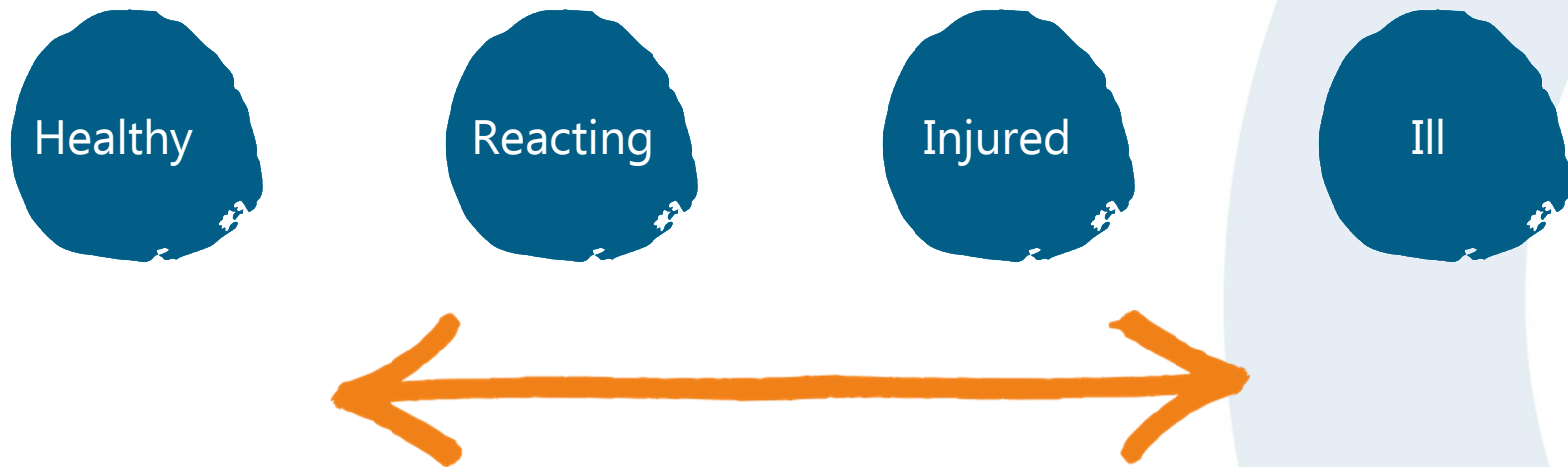


## *Good Mental Health*

- Ability to learn
- Ability to deal appropriately with range of emotions
- Ability to make and sustain relationships with others
- Ability to bounce back- enough resilience to deal with adversity
- Ability to be content in life



# Mental health is on a continuum



Mental health exists on a continuum that an individual can move up and down the scale depending on different circumstances.





# What is depression?



# Depression?

“...a loss of interest and enjoyment in ordinary things and experiences... low mood and a range of associated emotional, cognitive, physical and behavioural symptoms.”

National Clinical Practice Guideline





# Signs and symptoms

- Tearful
- Withdrawn from friends and/or family
- No longer enjoying hobbies
- Unable to concentrate
- Sadness
- Tired all the time
- Poor communication
- Feeling hopeless or helpless
- Irritable/Angry
- Lack of motivation
- Anxious
- Changes in eating or sleeping habits
- Neglect of appearance and/or hygiene



## Impacts/effects on a young person experiencing depression

- Other mental health difficulties, anxiety, eating disorders, psychosis, obsessive compulsive disorder
- Self critical, unhelpful negative thinking, lots of worry and rumination
- Vicious cycle of low self esteem



**What is anxiety?**



# What is anxiety?

"Anxiety is a normal, if unpleasant, part of life, and it can affect us all in different ways and at different times"

<https://www.anxietyuk.org.uk/get-help/anxiety-information>

"Anxiety is the anticipation of future threat"

*American Psychiatric Association (2013)*





# Common physical signs and symptoms

- Feeling sick
- Increased perspiration
- Increased muscle tension
- Palpitations
- Difficulty breathing
- Shaking
- Choking sensations
- Hot flushes
- Dizziness
- Tension headaches
- Tight band across the chest



# Common psychological signs and symptoms

- Thinking you might die or have a heart attack.
- Feeling like people are looking at you
- Wanting to escape
- Feeling as though things are speeding up
- Feeling on edge and alert
- Thinking you may lose control
- Feeling detached from the environment







# Don't forget about sleep

Sleep is essential to both our emotional and physical health. It is common to have occasional periods of time when our children's sleep might be disrupted through changes in routine or physical illness

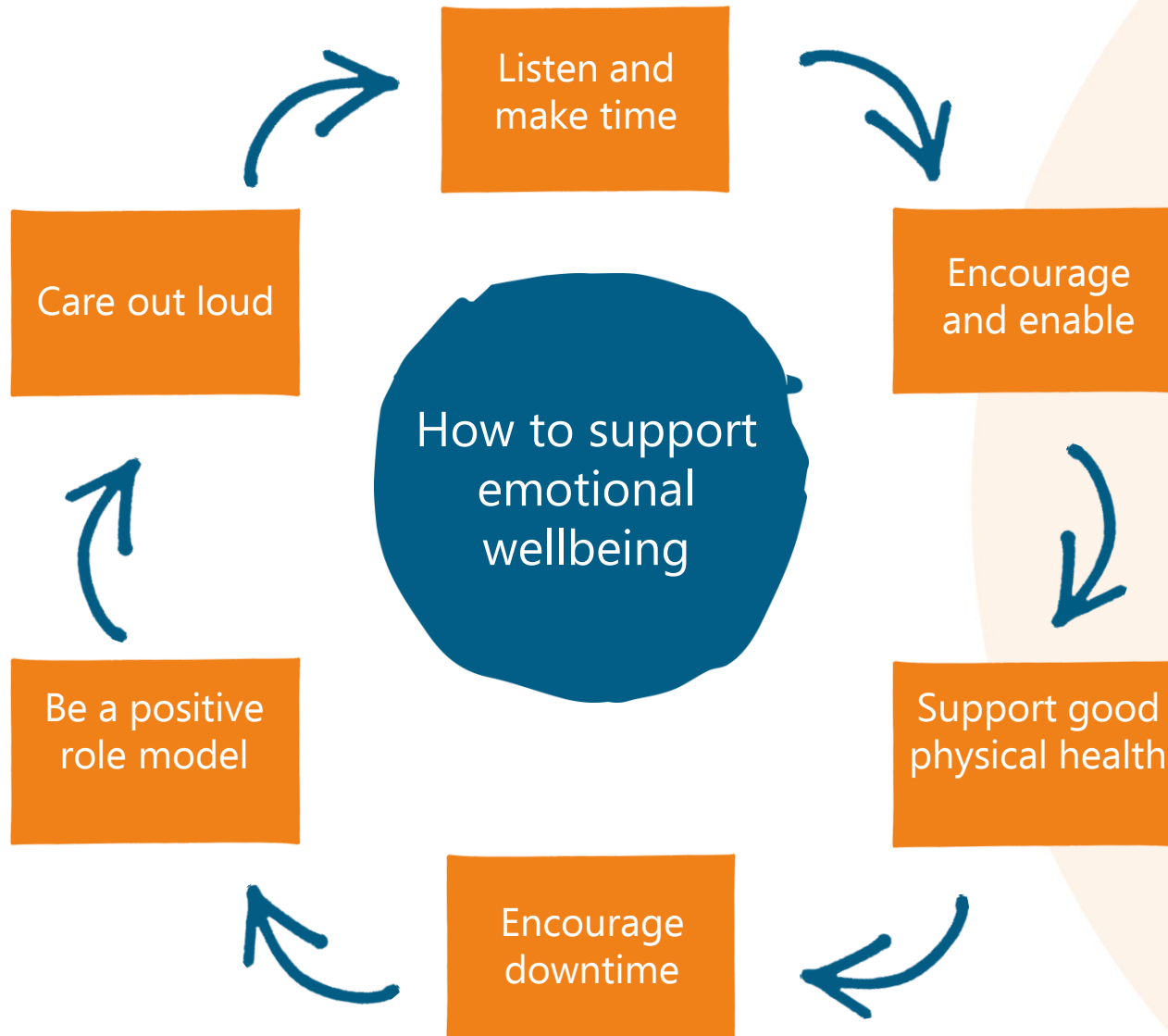
Recommended sleep:

10 -14 years old – 10 hours

15 -18 years old – 8 ½ hours



# Support strategies





# Listen and make time

Make regular  
time

Non-  
judgemental

Invite their  
input

Full attention

Let them  
speak first

Reflective  
listening

Try to  
understand

Reassure

Don't dismiss



# Encourage and enable

What are my child's current goals?

How can I help them achieve these?





# Support good physical health



Sleep well



Eat well



Exercise

**CAN'T SOMEONE ELSE  
JUST DO IT?**



## Encourage downtime

*"I was so stressed about my exams that I never stopped working. I felt guilty if I had a break, but my Mum encouraged me and told me I'd be able to study better if I took proper breaks."*



# Be a positive role model

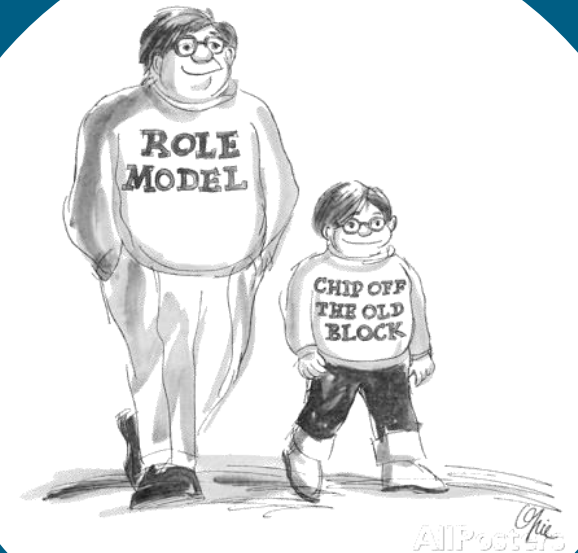
Diet &  
Exercise

Sleep

Response  
to failure

... and  
success

Self-  
esteem







Care out loud



# Don't forget good sleep hygiene

Good sleep habits for your child:

1. Establish a regular bedtime
2. Eating a balanced diet
3. Plenty of exercise during the day
4. Avoid drinks containing caffeine such as Coke, tea, coffee, and energy drinks, as they will cause a sudden increase in energy levels, followed by a sudden decrease in levels, resulting in increased feelings of tiredness
5. Avoiding screen activities, such as computers, iPads and tablets, mobile phones and TV's an hour before bed helping them to feel more relaxed and calm <https://www.headspace.com/meditation/kids>
6. Guided meditation for adolescents <https://www.youtube.com/watch?v=g5sXaLzAhGQ>



*"I think I'm better able to cope with life's ups and downs than many of my friends now because I've thought carefully about my response to difficult times."*

*"As her parent I felt helpless until I realised there was a lot I could do. Even basic practical support seemed to make the world of difference to her stress levels."*



# Resources





# Charlie Waller







# Parents and carers



**MindEd is a free educational resource on children and young people's mental health for all adults.**

 Follow @MindEdUK



Select the right MindEd for you...

## MindEd for Families

Are you a parent or carer who is concerned about your child? Or perhaps you just want some hints and tips on parenting? MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child.

[Go to MindEd for Families](#)



## MindEd for Professionals & Volunteers

This is for you if you volunteer, work or are studying to work with infants, children or teenagers. MindEd has e-learning applicable across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist.

[Go to MindEd e-Learning](#)





# *Tips to look after your wellbeing*

## Gentle Goals for a New Year

Learn something new.  
Tell people you love them.  
Set healthy boundaries.  
Get outside when you can.  
Be truthful.

Read good books.  
Sing in the shower.

Allow your feelings to breathe.  
Be delighted by small things.

Take responsibility.  
Practice seeing goodness.  
Speak kindly to yourself.  
Spend time being lazy.  
Remember your dreams.  
Stay compassionate  
and hopeful.







# 5 Ways to Wellbeing





# Grounding exercise

Experiencing the world through the 5 senses before anything else

A useful grounding strategy:

5 Sight

4 Sound

3 Smell

2 Touch

1 Taste

:





**DON'T  
GO IT ALONE**

School



GP



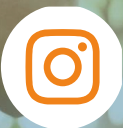
Helplines



Forums



**Follow us**



Charlie Waller Trust  
@charliewalleruk

A circular inset image showing two hands forming a heart shape, with a blurred background of people.

## Fundraise for us

Fundraising for us not only brings in money to help us continue our work – it also raises mental health awareness and what people can do to take care of their wellbeing.

Find out more  
[charliewaller.org/get-involved](https://charliewaller.org/get-involved)



A circular inset image showing three young people sitting on a concrete ledge outdoors. The person in the center is a man wearing an orange t-shirt with 'HOPE KIDS' printed on it and black ripped jeans. He is holding sunglasses. To his left is another person, and to his right is a woman wearing a white t-shirt and blue ripped jeans. They are all looking towards the camera.

# Students Against Depression

Our Students Against Depression website is full of clinically based self-help information and activities for students experiencing depression, anxiety and other common mental health problems.

Find out more  
[studentsagainstdepression.org](http://studentsagainstdepression.org)



# Thank you for listening

The Charlie Waller Trust

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