

Continuum of Emotional Wellbeing



Wholly content,
positive and optimistic

Despair, hopeless,
possibly suicidal

KEY SKILLS FOR EDUCATION...AND LIFE

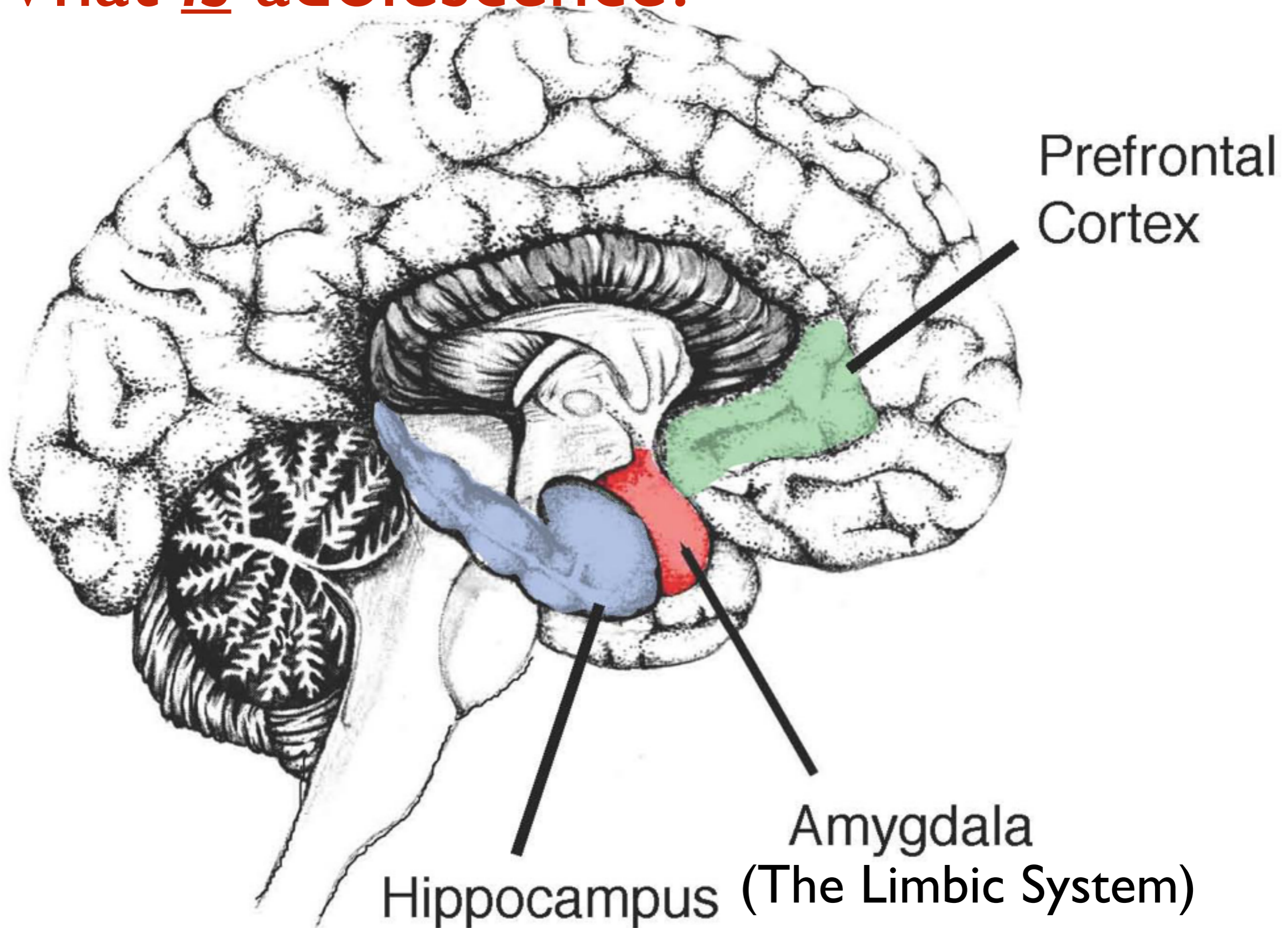


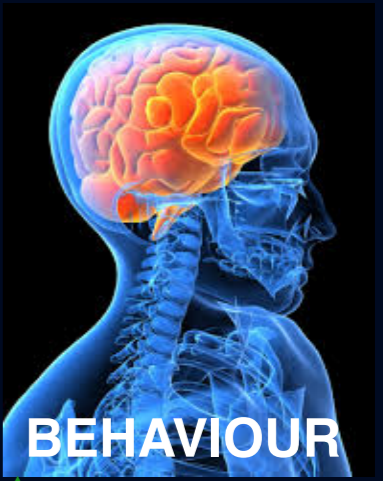
Did you know....?

Statistically, at Fortismere...

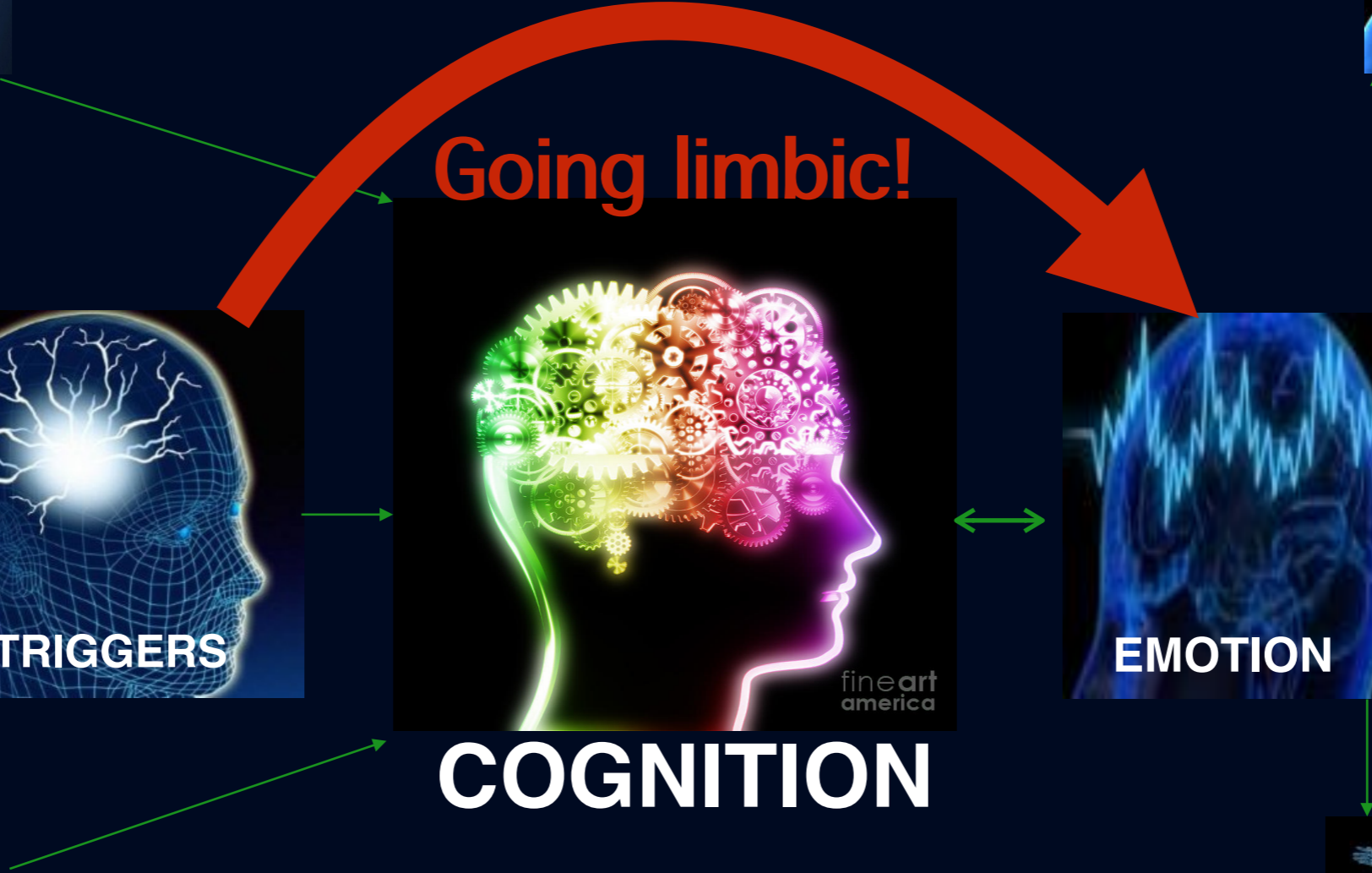
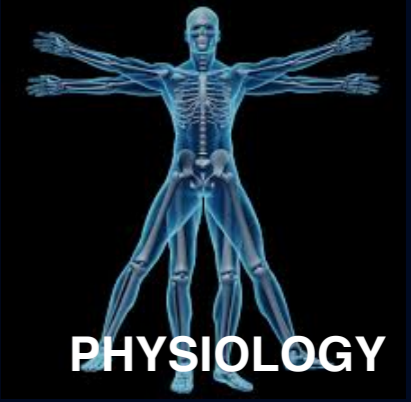
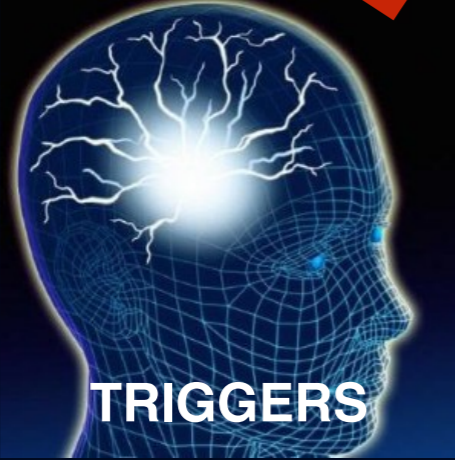
- About current boys and girls will suffer from depression at some stage of their lives
- Approximately are suffering from a diagnosable mental health disorder today
- At least will suffer from a debilitating level of stress and/or anxiety
- A similar number - girls and boys -are, or will, develop a relationship with food and/or exercise that is a significant cause for concern
- At members of the Fortismere 6th Form will have self-harmed
- 75% of all mental health disorders originate during adolescence - 50% by age 15

What is adolescence?





Going limbic!



ANXIETY AND STRESS DISORDERS

OCD

Generalised Anxiety Disorder

Panic Disorder

Separation Disorder

PTSD

Phobic Disorder

Acute Stress Disorder



SELF-HARM

13% of 15/16 year olds

Three times
more
girls than boys

It works.....



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

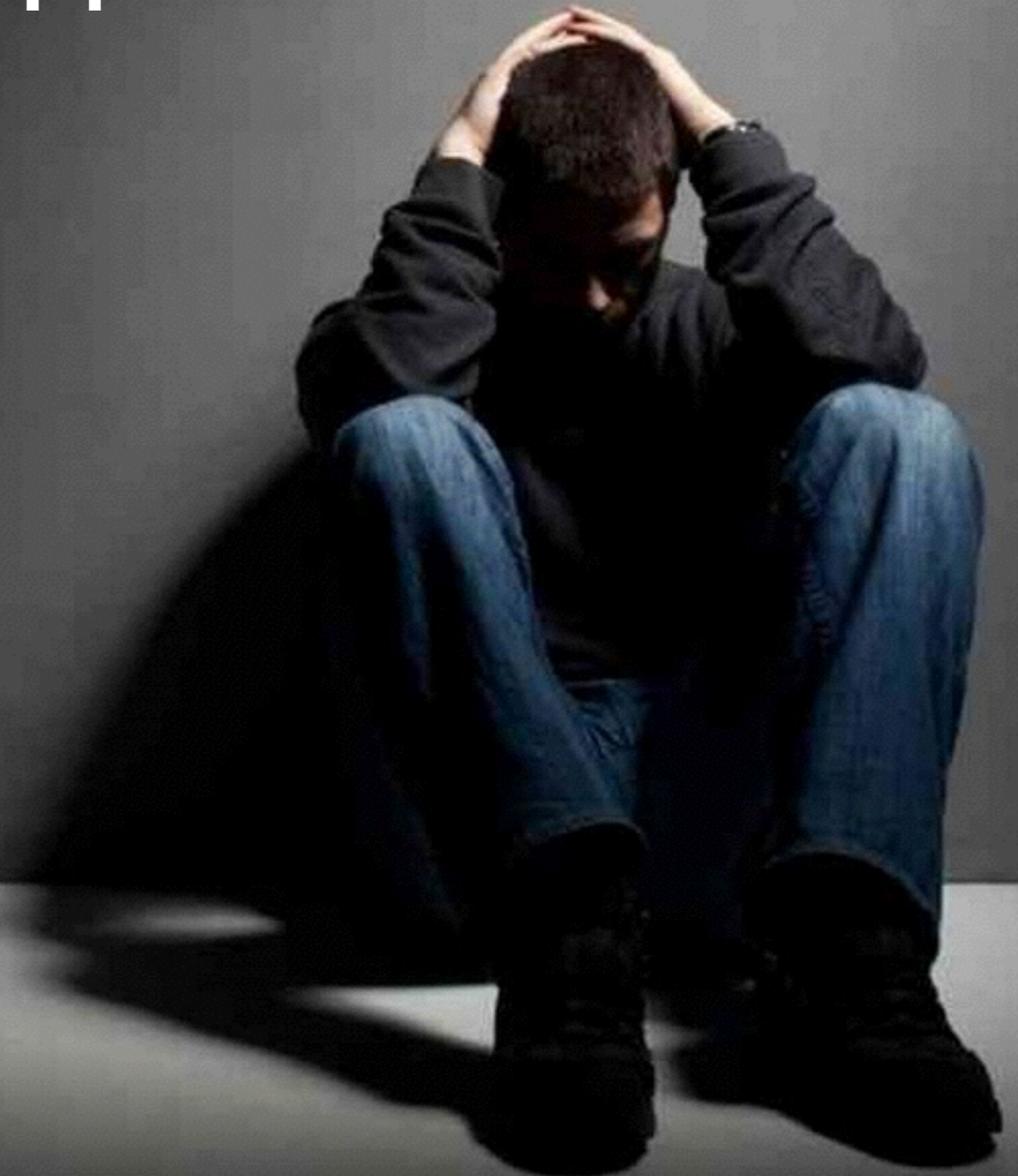
- Tearful
- Withdrawn from friends and/or family
- No longer enjoying hobbies
- Unable to concentrate
- Sadness
- Tired all the time
- Poor communication
- Feeling hopeless or helpless
- Irritable/Angry
- Lack of motivation
- Anxious
- Changes in eating/sleeping patterns
- Neglect of appearance and/or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

DEPRESSED? OR JUST A BIT HACKED OFF?

Duration

Distress

Disability



Gender Issues

- Women cry more than men
- Women are more tactile than men
- Many more women than men are diagnosed with depression
- In young men aged 17 to 35, add together deaths from AIDS, violent crime and road traffic accidents.
The total is LESS than those who take their own lives.
- 2011: Three times more women than men make an attempt at taking their own lives
- 2011 : Three times more men than women take their own lives

WHY?

FEAR OF BEING...

Embarrassed

Discriminated against

Seen as weak

Labelled

Thought of as different

Top Tips for Parents...

- Communicate with school and with anyone with whom your son/daughter has a positive relationship
- Talk to your son/daughter - even if he/she doesn't talk to you!
- Listen to your son/daughter, even if she/he doesn't listen to you! Try to avoid judging....
- Don't hesitate to speak to your doctor if you feel your son/daughter's emotional wellbeing is under threat. Be pushy if necessary.
- Avoid imposing your own aspirations on your son or daughter
- Seek to build his/her resilience whenever the opportunity arises:
 - * encourage discussion of emotions
 - * accept that your son/daughter will fail...and prepare him/her accordingly
- Remember that negative remarks have three times the impact of positive remarks of the same weight
- Take a deep breath and don't insist on the last word

