

*All of us have mental health and, like our bodies, our minds can become unwell. 1 in 10 young people will experience a mental health problem. That's 3 people in your classroom right now. These include depression, anxiety disorder, eating disorders, psychosis or bipolar disorder. It's important to talk about mental health and get help early if things don't feel right, just like we would for our physical health. No one should feel ashamed about having a mental health problem, in the same way, you wouldn't if you had a broken leg.*

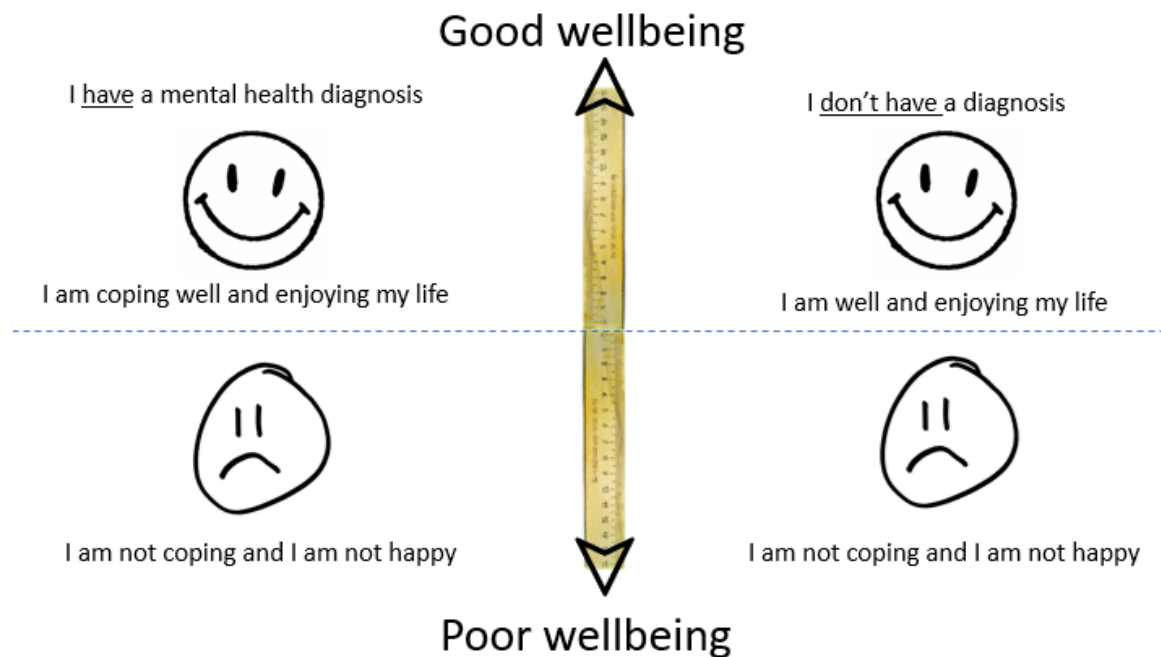
## So what is mental health?

According to a Young Minds definition from 1999:

**Mental Health is “the capacity to live a full, productive life as well as the flexibility to deal with the ups and downs. In children and young people, it is especially about the capacity to learn, enjoy friendships, to meet challenges, to develop talents and capabilities.”**

**There's a scale or continuum we can measure ourselves on whether or not we have been diagnosed with a mental health condition.**

**Reflect on where you stand and maybe open this scale up to your students...**



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Now let's have a look at the stats in a bit more detail, I got these from the mental health charity Young Minds:

- 1 in 10 children have a diagnosable mental health disorder – that's roughly 3 children in every classroom
- 1 in 5 young adults have a diagnosable mental health disorder
- Half of all mental health problems manifest by the age of 14, with 75% by age 24
- Almost 1 in 4 children and young people show some evidence of mental ill health (including anxiety and depression)
- Suicide is the most common cause of death for boys aged between 5-19 years, and the second most common for girls of this age
- 1 in 12 young people self-harms at some point in their lives, though there is evidence that this could be a lot higher. Girls are more likely to self-harm than boys.
- 3 in 4 children with a diagnosable mental health condition do not get access to the support that they need. This is shocking. Imagine if only 1 child in 4 who had a serious accident was allowed to go to hospital. They'd be a national outrage.
- The average maximum waiting time for a first appointment with CAMHS is 6 months and nearly 10 months until the start of treatment
- CAMHS are turning away nearly a quarter (23%) of children referred to them for treatment by concerned parents, GPs, teachers and others
- Just 0.7% of the NHS budget is spent on children's mental health and only 16% of this is spent on early intervention
- The cost to the economy of all-age mental health problems is estimated at £105 billion a year – roughly the cost of the entire NHS

So mental health is a really big issue for young people!  
And yet there is very little support for this huge problem...

These statistics are truly shocking.

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However, with the right support in place, you can cope just fine with mental health issues. If you're not happy and not coping reach out for help. Don't suffer in silence.