



MENTAL HEALTH

No health without mental health
A cross-government mental health
outcomes strategy for people of all ages



“Mental health is everyone’s business – individuals, families, employers, educators and communities”



About one in 100 people has a severe mental health problem.

One in ten children aged between 5 and 16 years has a mental health problem, and many continue to have mental health problems into adulthood.⁶

Half of those with lifetime mental health problems first experience symptoms by the age of 14,⁷ and three-quarters before their mid-20s.⁸

Self-harming in young people is not uncommon (10–13% of 15–16-year-olds have self-harmed).⁹

Some common problems.

Depression

Self-harm

Generalized anxiety disorder (GAD)

Post-traumatic stress disorder (PTSD)

Attention deficit hyperactivity disorder (ADHD)

Eating disorders

Less common problems.

Personality disorders

Psychotic episodes

Signs and symptoms.

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Alcohol or drug abuse
- Major changes in eating habits
- Sex drive changes
- Excessive anger, hostility or violence
- Suicidal thinking

EACH CONDITION HAS ITS OWN FLAGS!

FAMILY
MEMBER
FREIND

YOU

DENVER

DSL Team

GP

POLICE

EXTERNAL
COUNSELLING

CAMHS

MASH

HOSPITAL

PASS IT ON

NHS choices

Specialist Child and Adolescent Mental Health Services

COMHS

mind
for better mental health

YOUNG VS MINDS
#GettingThroughIt

CAMHS

The Child and Adolescent Mental Health Service (CAMHS) is a team of specialist workers with experience of helping children and young people who are experiencing emotional and mental health difficulties. This includes children who live at home, those on the child protection register, those who are Looked After, and those in fostering or adoptive placements.

We believe the most effective approach to supporting children and families involves health, social care and education working in partnership. This is a multi-agency and multi-disciplinary service specializing in the assessment and treatment of moderate to severe mental health difficulties that children and young people experience.

These are some of the mental health problems that can affect children and young people.

- **Depression** affects more children and young people today than in the last few decades, but it is still more common in adults. Teenagers are more likely to experience depression than young children.
- **Self-harm** is a very common problem among young people. Some people find it helps them manage intense emotional pain if they harm themselves, through cutting or burning, for example. They may not wish to take their own life.
- **Generalized anxiety disorder (GAD)** can cause young people to become extremely worried. Very young children or children starting or moving school may have separation anxiety.
- **Post-traumatic stress disorder (PTSD)** can follow physical or sexual abuse, witnessing something extremely frightening or traumatising, being the victim of violence or severe bullying or surviving a disaster.
- Children who are consistently **overactive** ('hyperactive'), behave impulsively and have difficulty paying attention may have **attention deficit hyperactivity disorder (ADHD)**. Many more boys than girls are affected, but the cause of ADHD aren't fully understood.
- **Eating disorders** usually start in the teenage years and are more common in girls than boys. The number of young people who develop an eating disorder is small, but eating disorders such as **anorexia nervosa** and **bulimia nervosa** can have serious consequences for their physical health and development.

<https://www.mentalhealth.org.uk/explore-mental-health>