



# Response

Together we can achieve change

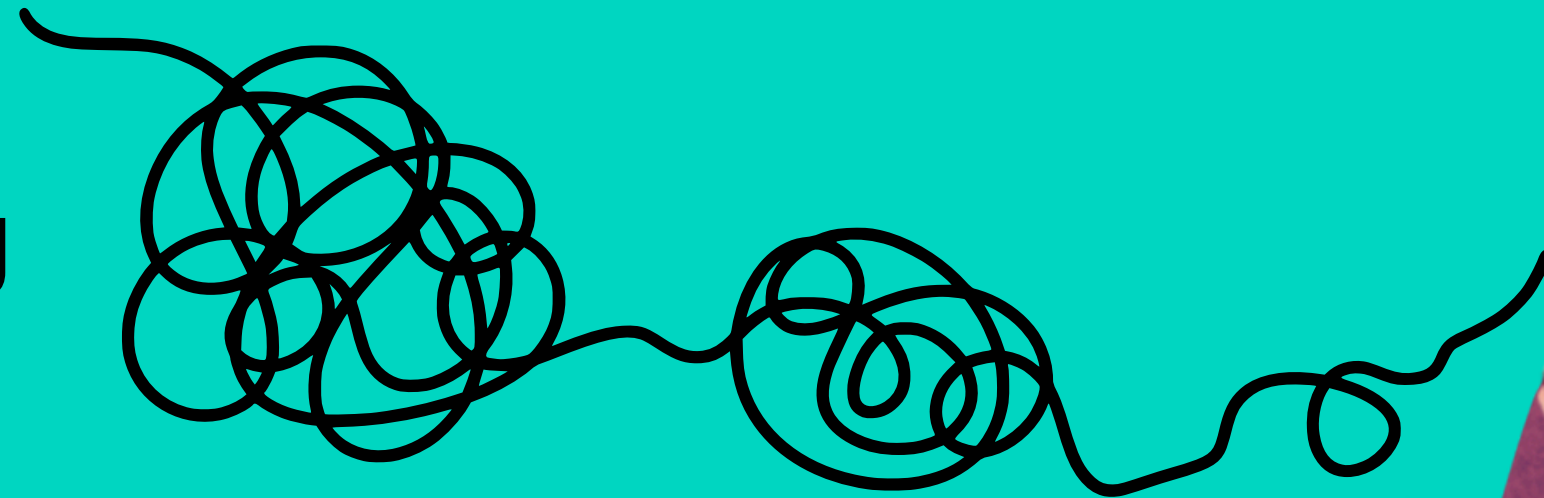
# What is Mental Health?

**“Mental health refers to our emotional, psychological, and social well-being. We all have mental health. Our mental health affects how we think, feel, and act. It also impacts on how we cope, interact and form relationships with others, as well as our daily functioning.” Mental Health/Illness and Resilience – CAMHS**



# Common mental health issues for young people

- **Depression**
- **Anxiety**
- **Disordered Eating**
- **Bipolar disorder**
- **PTSD**
- **Personality Disorder**
- **Self harm**



# Statistics and trends

**Young people in the UK have higher mental health need than ever. 1 in 6 young people in England (aged 5 to 16) experienced a mental health problem in 2020, up from 1 in 9 in 2017.**

**[Mental Health of Children and Young People in England, 2020: Wave 1 follow up to the 2017 survey - NHS England Digital](#)**

**Nearly one-third of 16-24 year olds in the UK (31%) reported some evidence of depression or anxiety in 2017 to 2018. This is; up from the previous year (26%) and the same period five years earlier (26%).**

**[Young people's well-being in the UK - Office for National Statistics](#)**



**Response**  
Together we can achieve change

# Teen Mental Health: The Impact of Social Media and Sleep



## Screen Time and Mental Health:

- **Studies show more than 3 hours per day on social media increases the risk of anxiety and depression**
- **Dopamine-driven engagement (likes, comments) can lead to addiction-like behaviours**



## Social Comparison and Self-Esteem:

- **Teens who frequently compare themselves online report lower self-esteem and body dissatisfaction**
- **Algorithms amplify idealized lifestyles, reinforcing unrealistic beauty standards**



## Cyberbullying and Anxiety:

- **60% of teens report experiencing cyberbullying**
- **Victims of cyberbullying are at a higher risk of depression and self-harm**



**Response**  
Together we can achieve change

So what can you do as a parent?

The National Cyber Security Centre recommends limiting access before age 13.

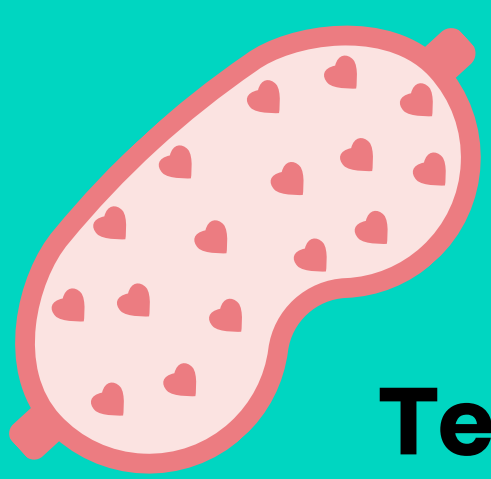
Posting & engaging meaningfully (vs. passive scrolling) leads to better well-being (Orben et al., 2019).

Promote self-awareness: Encourage teens to curate their feeds – follow accounts that uplift, not trigger insecurity.

Foster open communication: Teens who can discuss online issues with parents experience less social media-related distress (Uhlis et al., 2017).



**Response**  
Together we can achieve change



## **Sleep and Mental Health:**



**Teens who get less than 7 hours per night are at double the risk of depression**

**Poor sleep is linked to increased stress, anxiety, and emotional dysregulation**

## **The Impact of Screens on Sleep:**

**Blue light exposure suppresses melatonin (a hormone implicated in sleep), delaying sleep onset**

**Social media increases night-time rumination, making it harder to switch off**



**Response**

# Blue light exposure affects the body and the brain

## How exposure to **blue light** affects your brain and body

BY DISRUPTING MELATONIN, **SMARTPHONE LIGHT** RUINS SLEEP SCHEDULES. THIS LEADS TO ALL KINDS OF **HEALTH PROBLEMS**:

The disruption to your sleep schedule might leave you distracted and impair your **MEMORY** the next day.



A poor night's sleep caused by smartphone light can make it **HARDER TO LEARN**.



Over the long term, not getting enough sleep can lead to **NEUROTOXIN** buildup that makes it even harder for you to get good sleep.

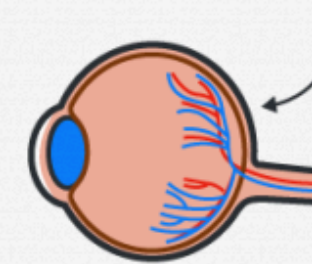


People whose melatonin levels are suppressed and whose body clocks are thrown off by light exposure are more prone to **DEPRESSION**.

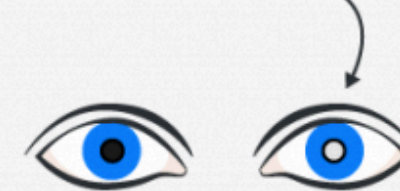


By disrupting melatonin and sleep, smartphone light can also mess with the hormones that control hunger, potentially increasing **OBESITY RISK**.

There's some evidence that blue light could damage our vision by harming the **RETINA** over time — though more research is needed.



Researchers are investigating whether or not blue light could lead to **CATARACTS**.



There's a connection between light exposure at night and the disturbed sleep that come with it and an increased risk of breast and prostate **CANCERS**.



**SOURCES:** Nature Neuroscience; Harvard Health Publications; ACS, Sleep Med Rev, American Macular Degeneration Foundation; European Society of Cataract and Refractive Surgeons; JAMA Neurology

TECH INSIDER



**Response**  
Together we can achieve change



**What can you do to help your teen?**

**Encourage a wind-down routine: reading, journaling, or relaxation techniques improve sleep quality**

**Keep a consistent sleep schedule: we benefit from a set bedtime, even on weekends**

**Limit caffeine (including coke and energy drinks) after 2 pm: caffeine disrupts sleep cycles, worsening mood the next day**

**Lead by example: parents who model good sleep habits influence their teens positively**



**Response**  
Together we can achieve change

# Warning Signs

**One thing you can do to support your young person is to keep an eye out for any warning signs. Everyone looks different but here are a few common signs.**

- Sleep or appetite changes
- Mood changes
- Withdrawal
- Change in functioning
- Problems thinking
- Increased sensitivity
- Apathy
- Feeling disconnected
- Illogical thinking
- Nervousness
- Unusual behavior
- Changes in school or work
- Panic attacks

# Common Stigmas

- **Attention seeking**
- **Weak (Especially for males)**
- **That you are 'damaged'**
- **That you are 'unstable'**
- **Hysterical**
- **That it is just hormones**



# Developmental factors

**Other things to consider are development factors. Is your young person going through a new stage of development, is your young person Autistic or Neurodivergent?**

**“Research indicates that neurodivergent people are more likely to experience mental health issues than neurotypical people.” Neurodiversity and mental health – Neurodiversity**

**“Up to half of autistic people also experience depression at some point in their lives (National Autistic Society) and up to half of those with ADHD experience one or more anxiety disorders” (National Library of Medicine).**



# How to start the conversation

**It is important to create an open line of communication with your young person, assuring them that they can come to you to talk about any mental health issues that may be facing.**

- **Try not to come across as judgmental**
- **Show them that you want to help**
- **Try not to react to angry outbursts**
- **Check in often**





**Trigger Warning**

# Suicide and Self Harm

**“In England, a quarter of 11-16 year olds, and nearly half of 17-19 year olds (46.8%), with a mental disorder reported that they have self-harmed or attempted suicide at some point in their lives. For 11-16 year olds, this represents a greater than eightfold risk compared to those without a mental health problem (25.5% compared to 3.0).”**

## 2Suicide – RCPCH – State of Child Health

- **Age 15 – 24 young men are 3x more likely to take their own life.**
- **It is important that you speak with your young person about these topics**



## NEURODEVELOPMENTAL CONDITIONS (NDC)

- Provide assessments for ASD and ADHD
- Provide and oversee medication for ADHD

## GETTING MORE HELP

- In the "Getting More Help" arm of the Thrive Model for those who need more extensive and specialised goals-based help
- Providing CBT, Psychology, Medication, and 3rd wave CBT

## GETTING HELP/ANDY CLINIC

- In the "Getting Help" arm of the Thrive Model for those who need focused goals-based input.
- The AnDY Clinic is a research clinic developing new LI, Evidence-Based interventions.

## MHST

- Low intensity CBT-informed interventions delivered by EMHPs/CWPs over 6- 8 weeks for anxiety, low mood, and behavioural difficulties.
- Whole School Approach
- IN SCHOOLS!

## FASS (FAMILY ASSESSMENT SAFEGUARDING SERVICE)

- The Family Assessment and Safeguarding Service is a specialist mental health team, with expertise in attachment, family trauma and family relationships.

## EATING DISORDERS

- Support and treatment for those with eating disorders to restore physical health and wellbeing.

## HORIZON

- For those experiencing distress due to sexual harm

## OSCA (OUTREACH)

- Individualised home and community treatment to support children, young people and their families.
- provide Dialectical Behavioural Therapy (DBT)

## CAHBS (HARMFUL BEHAVIOURS)

- This service is for children and young people in Oxfordshire about whom there are concerns in relation to sexualised or sexually-harmful behaviour.

## CRISIS TEAM

- individualised home and community treatment.
- Dialectical Behavioural Therapy (DBT) as a mode of treatment.
- 11 to 18 years old.

## OTHER(S)

- Forensic CAMHS
- Criminal Justice and Liaison
- Youth Justice and Diversion
- Inpatient (Highfield)

# CAMHS

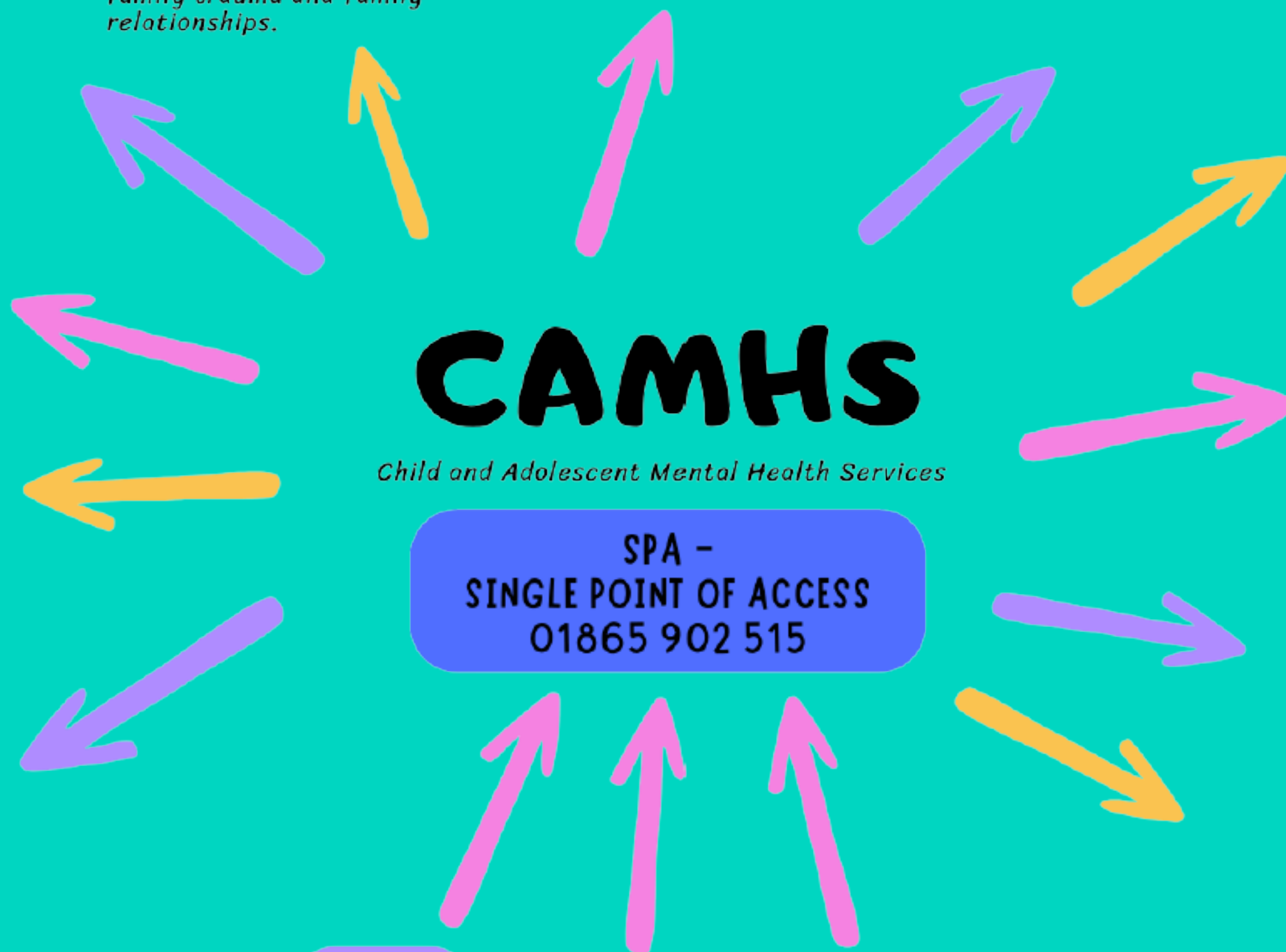
Child and Adolescent Mental Health Services

SPA -  
SINGLE POINT OF ACCESS  
01865 902 515

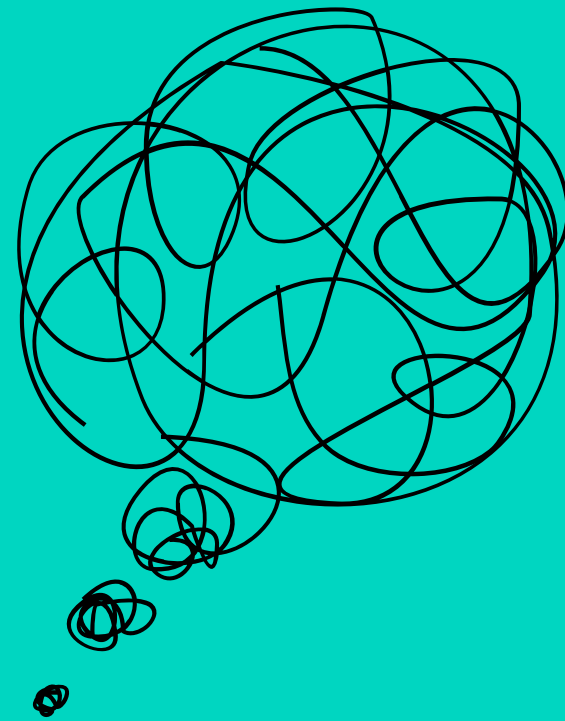
GP

SCHOOL

PARENT



# **What does stress look like?**



**Stress presents physically and emotionally and impacts our mental state.**

**“How does stress present for you?”**

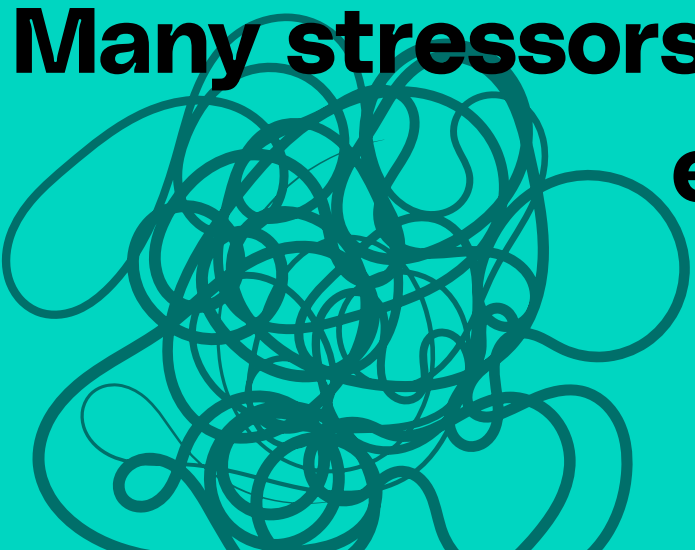
# Exam Stress

Remember: It's understandable to be stressed about exams.

**Stress is a feeling of being tense, overwhelmed, worn out, or exhausted. A small amount of stress can be motivating, but too much stress makes even small tasks seem daunting.**

**Although the symptoms of the fight-or-flight response are an important part of protecting us from danger, they can cause problems when they're too extreme, or when they occur in the wrong situation.**

**Many stressors—such as exams, presentations, or an argument with a partner—are easily made worse by a strong fight-or-flight response.**



**EXAM!**

## Exam Stress

What can you do to help your teen?



**Plan Revision - Make a revision time table utilising a variety of methods**

**Self Care - Support your teen to allow time for exercise, sleep hygiene tips and eating well**

**Take a break - schedule breaks throughout the day. Pomodoro Technique - work on one task for 25mins, then take a 5min break. Take a longer break every 2 hours**

**Ensure your teen is still making time for hobbies or social activities**

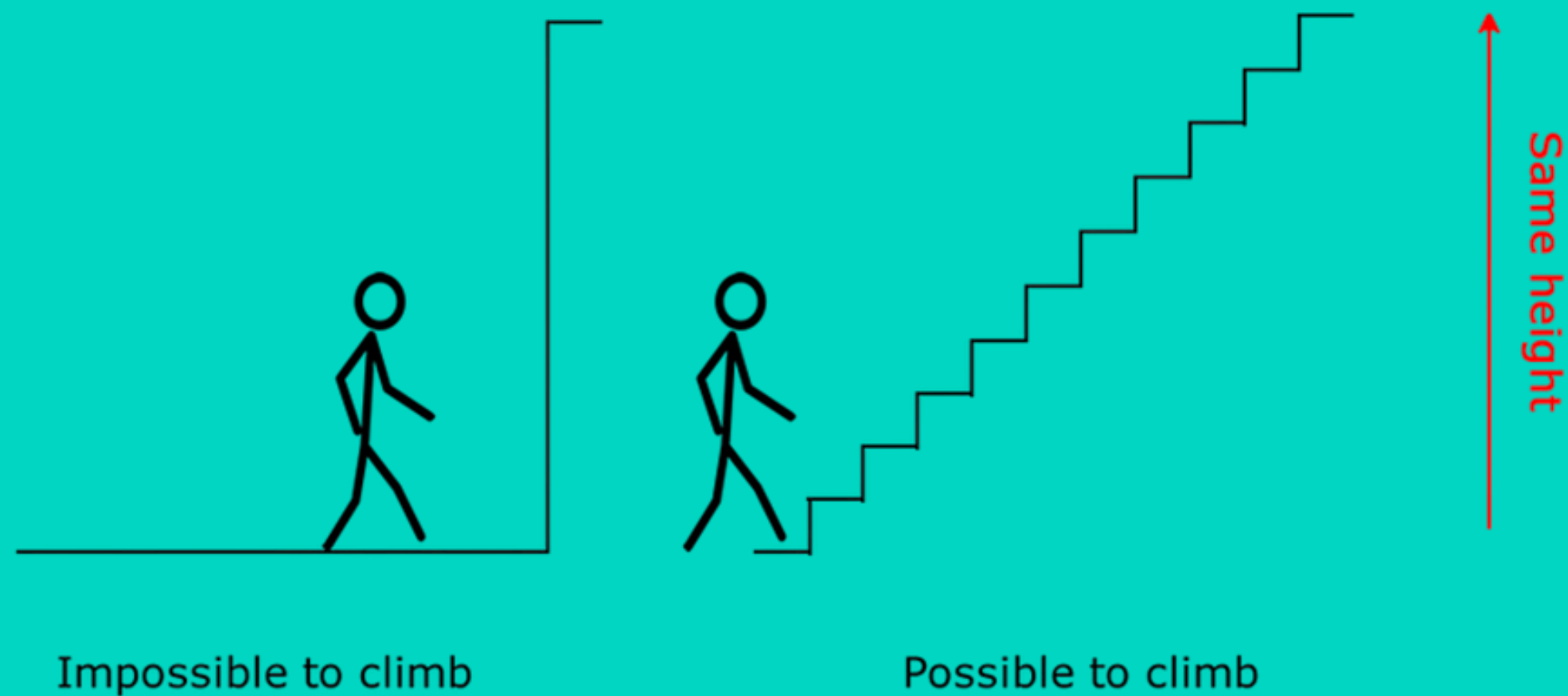
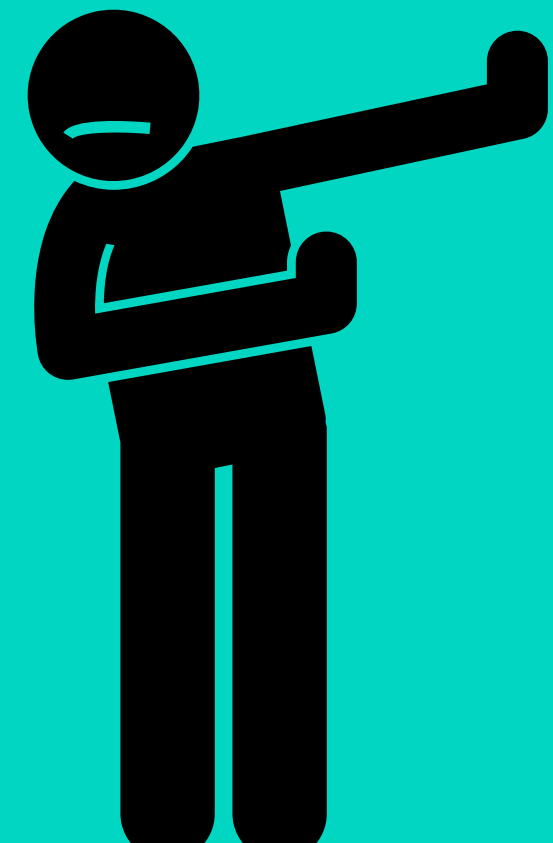


# Exam Stress

What can you do to help your teen?

Avoidance can keep anxiety going, with revision support small steps to reduce avoidance or procrastination.

Smaller goals + regularly = goal



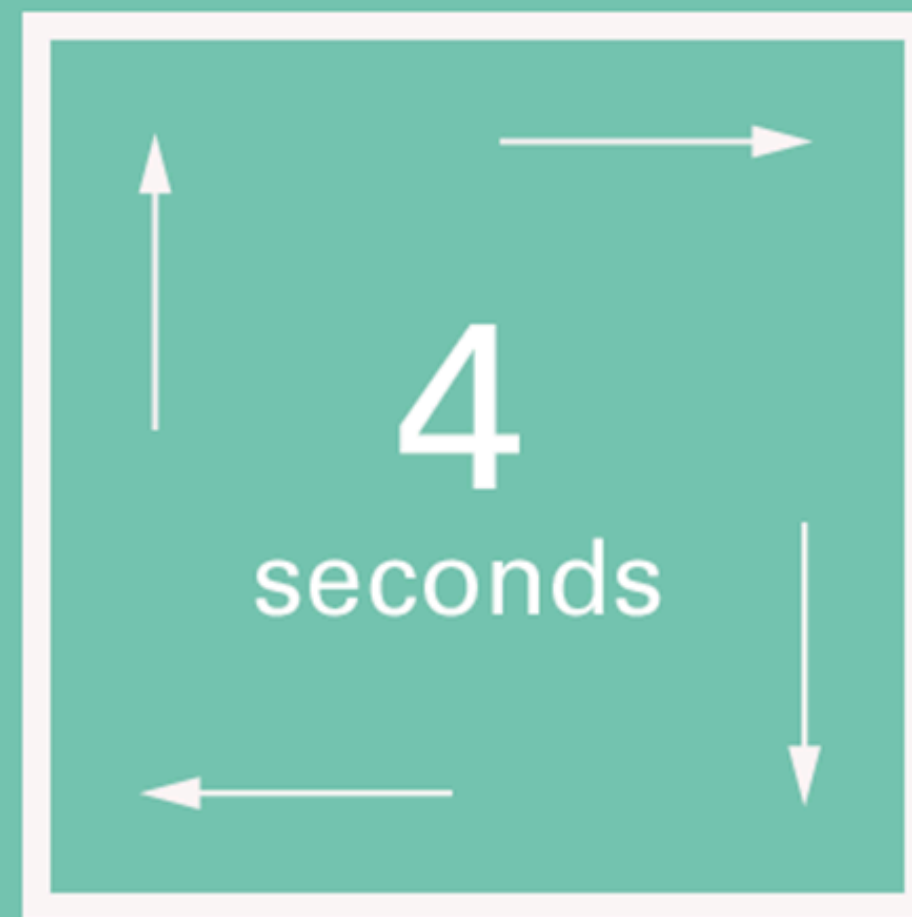
# Exam Stress

What can you do to help your teen?

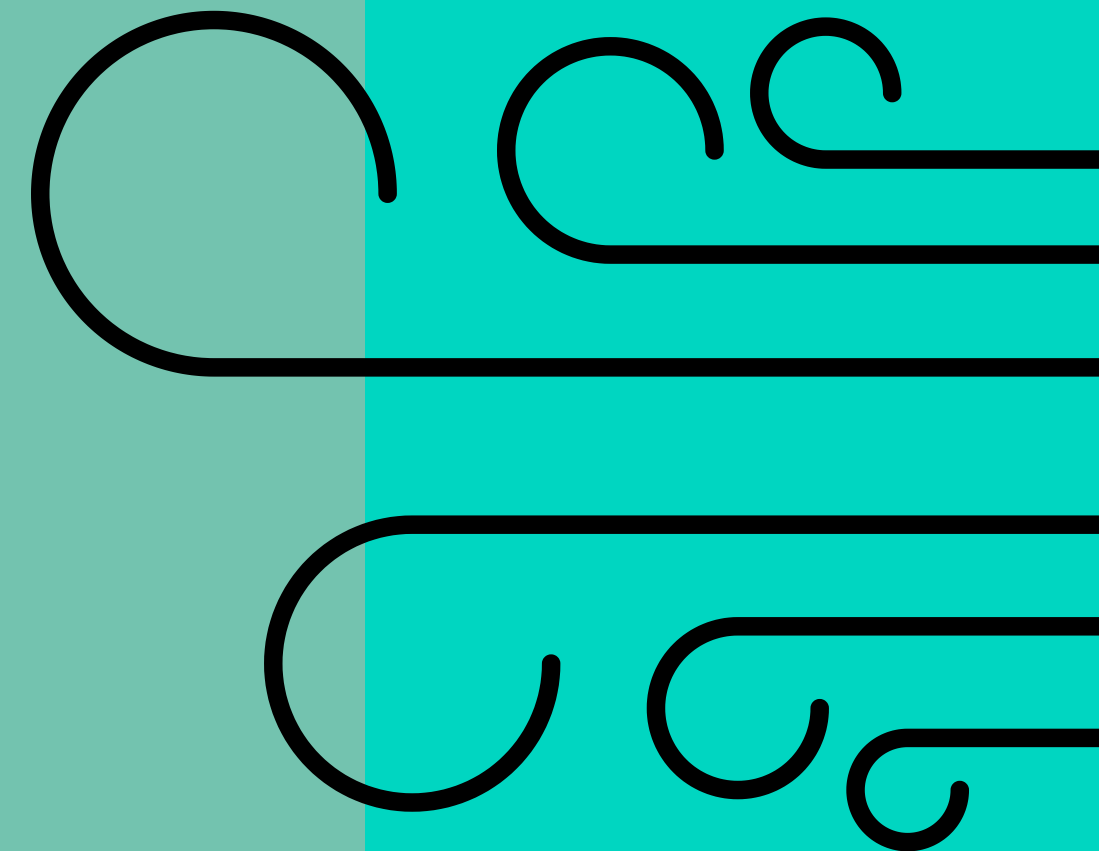
The way our teen talks to themselves matters - would they say that to a friend? Support positive self talk and remind them of their strengths.

inhale  
exhale

Hold



Hold



# Exam Stress

**What can you do to help your teen?**

## **Managing Unhelpful Thoughts and Worries**

**Is this a helpful thought?**

**Are they falling into a thinking trap??**

**Is there any evidence the thought is true?**

**Have they confused a thought with a fact?**

**What would they tell a friend who had this thought?**



# Exam Stress



**What can you do to help your teen?**

**Unhealthy Vs Healthy Coping**

# Exam Stress

Keep  
going



**Talk:** Avoid too much analysis and comparison of the exam papers.

**Reward:** Think of something to do afterwards that your teen enjoys. Going out with friends, family, play video games, or eat their favourite food.

**Focus on next steps:** Support them to plan what they'll do next, like going home, doing something fun, then revising for the next exam. Think ahead in a positive way - if they have another exam, focus on the time and date that it'll be over.

**Relax:** The stress from doing an exam can leave your teen feeling exhausted. They might find it hard to revise again - so encourage a break.



## Importance of community connections

**“Connectedness means a sense of being cared for, supported, belonging, and closeness with others that comes from protective and sustained relationships within families, schools, and communities”**

## Importance of community connections

- **Social support:** Someone to talk to when the going gets tough.
- **Purpose:** Something bigger than yourself that inspires you to get out of bed and “do the day.”
- **Hope:** Others who believe in you and help you believe in yourself.
- **Inspiration:** Seeing people who look like you do great things and being reminded that you can do great things too.
- **Accountability:** “We’re counting on you, and we miss you when you’re not here.”



## Importance of community connections

- **Appreciation:** Being seen for your strengths and having your best qualities reflected back to you.
- **Empowerment:** Community can give you a voice in a way that would be hard to accomplish alone.
- **Opportunity:** Your community network is the best source for job opportunities and so much more.
- **Cultural connection:** Whether it's those with your same diagnosis, race, orientation, language, socio-economic background, or all of the above, being with your village can be so affirming.
- **Resources:** Who steps in to help when we're struggling? Community does!

