

# How do you spot the signs of mental ill health in children and young people?



Here are some key questions to keep in mind in your work with children and young people. They all sit beneath the most important question:

## Has there been a notable shift in their mood, behaviour or appearance?

### Mood

- Does their mood seem persistently lower than normal?
- Do they seem distracted or restless?
- Do they seem unusually anxious?
- Do they seem overwhelmed?
- Do they seem angry?
- Do they seem upset?
- Do they seem lethargic or apathetic?
- Do their moods seem to be constantly changing?

- Are they struggling to concentrate?
- Are they acting irritable or short tempered?
- Are they avoiding activities they normally enjoy?
- Are they less interested in things that normally interest them?
- Are they reluctant to speak?
- Are they finding it difficult to make choices?
- Are they presenting unusually non-compliant or defiant behaviour?
- Are they physically or verbally aggressive to others?
- Are they withdrawing and spending less time with friends?
- Are they expressing low self-esteem or the idea that they are 'worthless'?
- Are they refusing to accept praise?
- Are they frequently daydreaming?
- Are they restless or over-active?
- Are they struggling to function well in day-to-day school life?

### Behaviour

### Appearance

- Are they frequently teary?
- Have they lost or gained weight?
- Do they seem more tired than usual?
- Do they seem to be neglecting their personal presentation?
- Does their body language seem unusually closed?

# Mental Health Guide

**S Marginson**



## **Mental Health Guide:**

## Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Mental Health Guide**

In a world inundated with displays and the cacophony of fast conversation, the profound energy and psychological resonance of verbal artistry usually diminish in to obscurity, eclipsed by the constant assault of sound and distractions. Yet, situated within the musical pages of **Mental Health Guide**, a captivating work of fictional splendor that pulses with raw feelings, lies an wonderful trip waiting to be embarked upon. Composed with a virtuoso wordsmith, this exciting opus instructions readers on a psychological odyssey, lightly exposing the latent potential and profound influence stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is main styles, dissect their charming publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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