

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

Michal Rosen-Zvi



Mental Health Guide:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Mental Health Guide**

In some sort of inundated with screens and the cacophony of immediate interaction, the profound energy and emotional resonance of verbal beauty often fade in to obscurity, eclipsed by the constant onslaught of sound and distractions. However, set within the lyrical pages of **Mental Health Guide**, a fascinating function of literary splendor that pulses with fresh thoughts, lies an unique journey waiting to be embarked upon. Published by a virtuoso wordsmith, this magical opus manuals viewers on a psychological odyssey, delicately revealing the latent potential and profound influence embedded within the delicate internet of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is central styles, dissect their interesting writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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