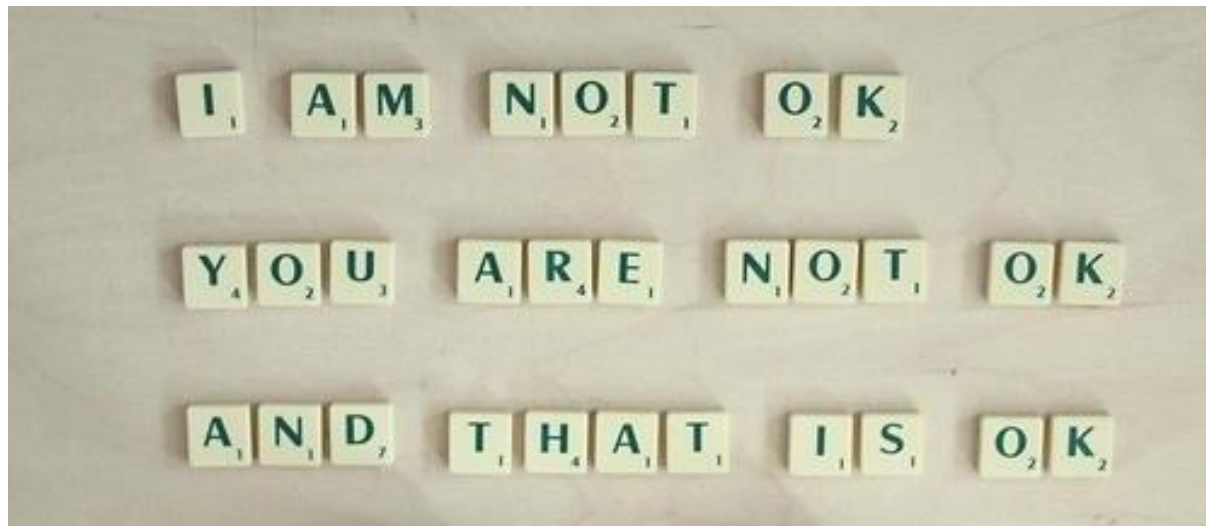


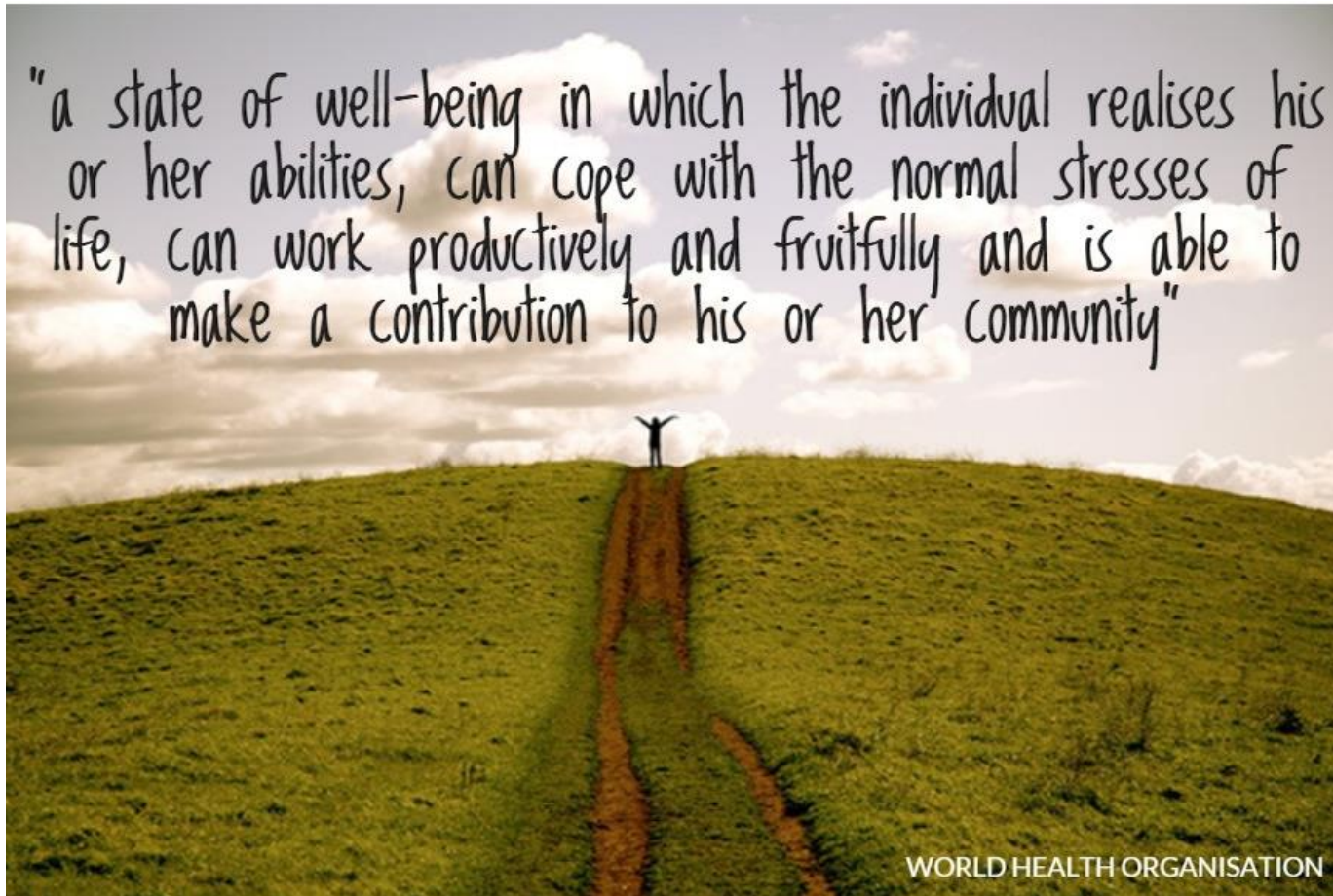


WHAT LIES BENEATH?

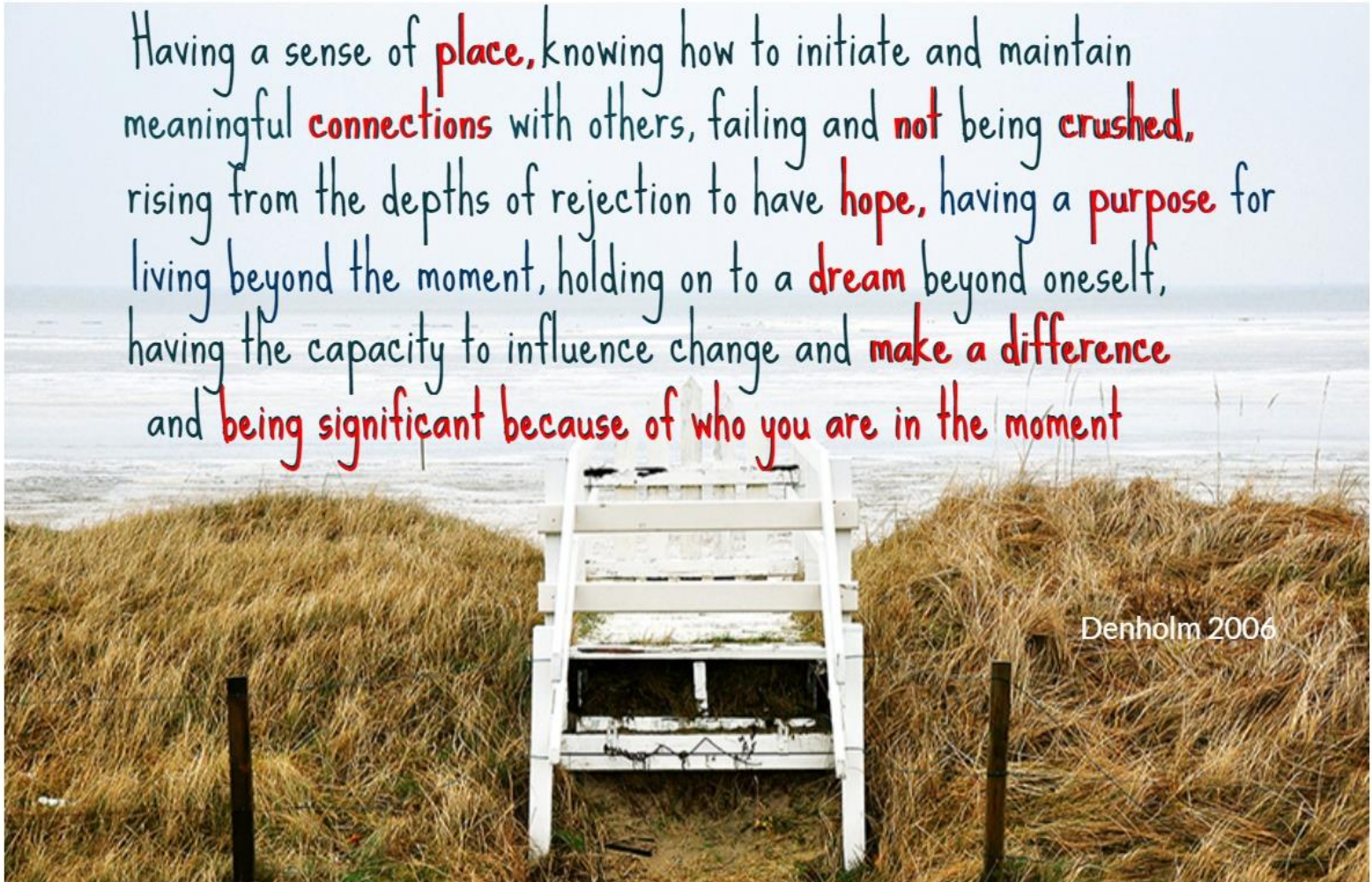
Understanding young people's mental health



"a state of well-being in which the individual realises his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community"

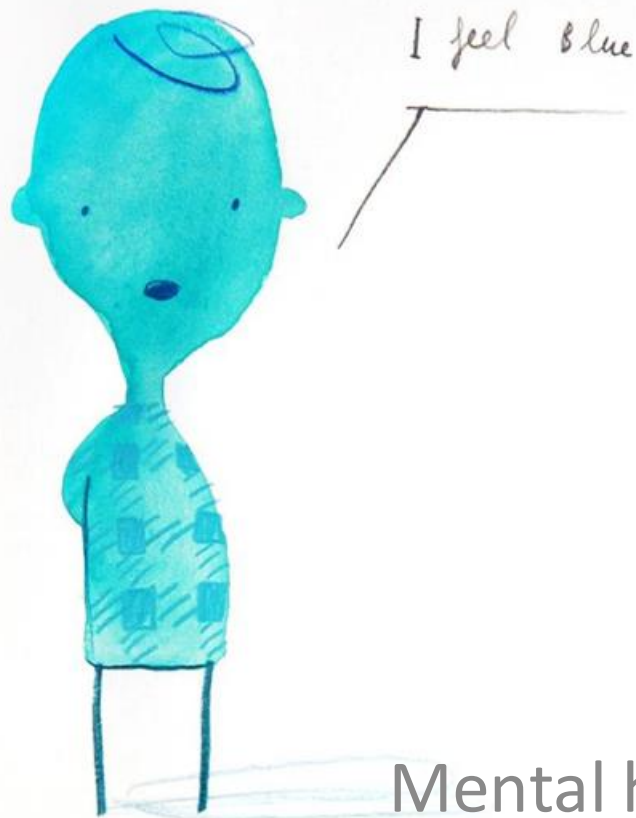


WORLD HEALTH ORGANISATION

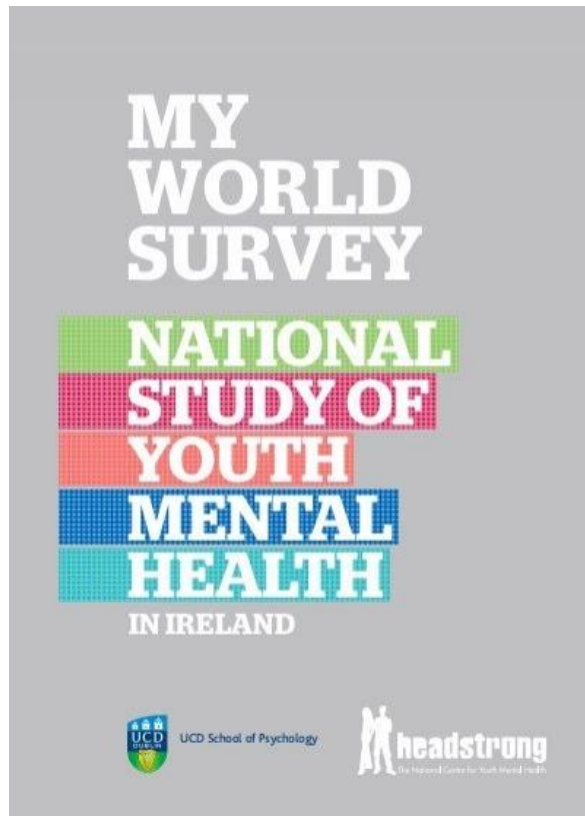


Having a sense of **place**, knowing how to initiate and maintain meaningful **connections** with others, failing and **not** being **crushed**, rising from the depths of rejection to have **hope**, having a **purpose** for living beyond the moment, holding on to a **dream** beyond oneself, having the capacity to influence change and **make a difference** and **being significant because of who you are in the moment**

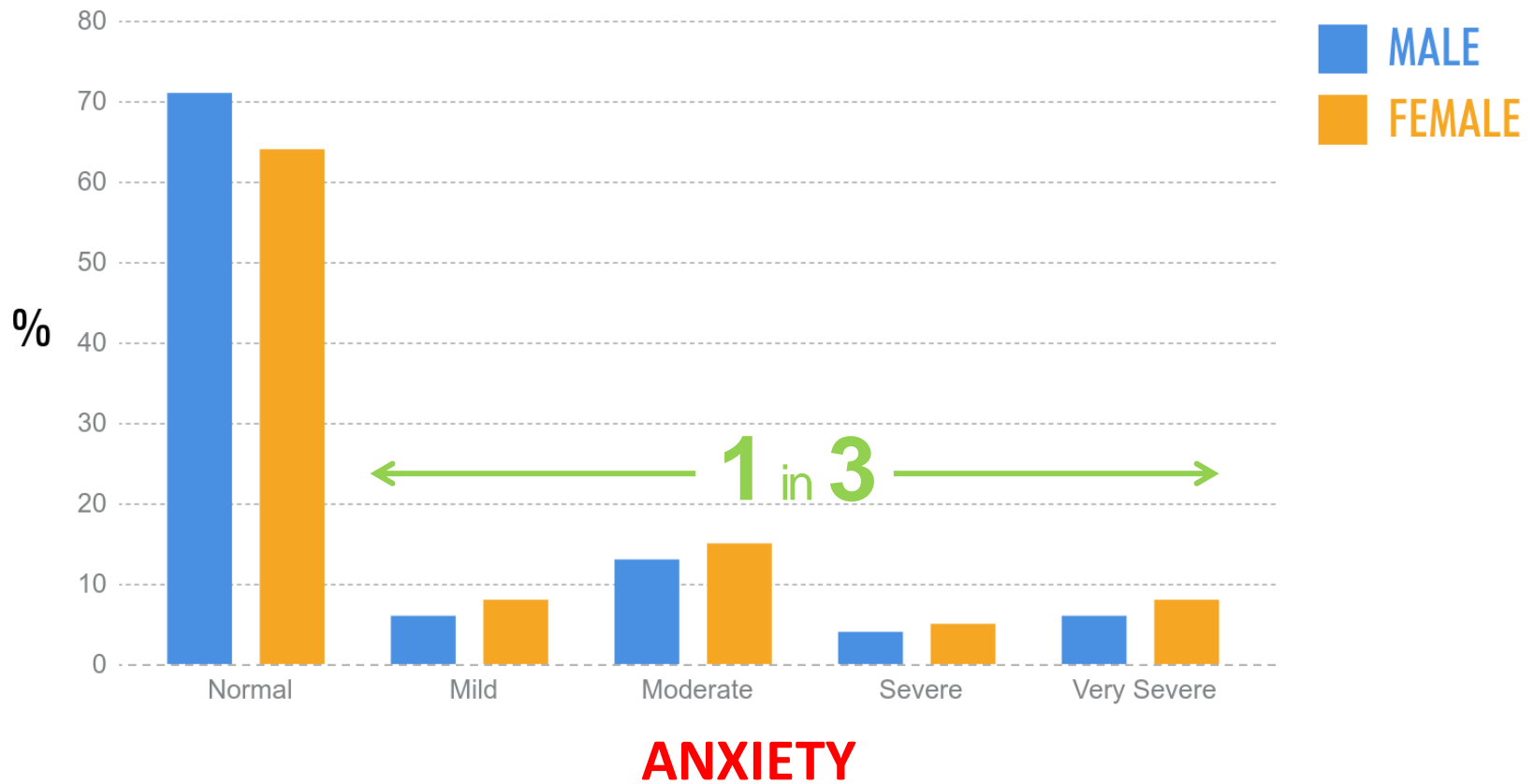
Denholm 2006



Mental health difficulties among Irish youth

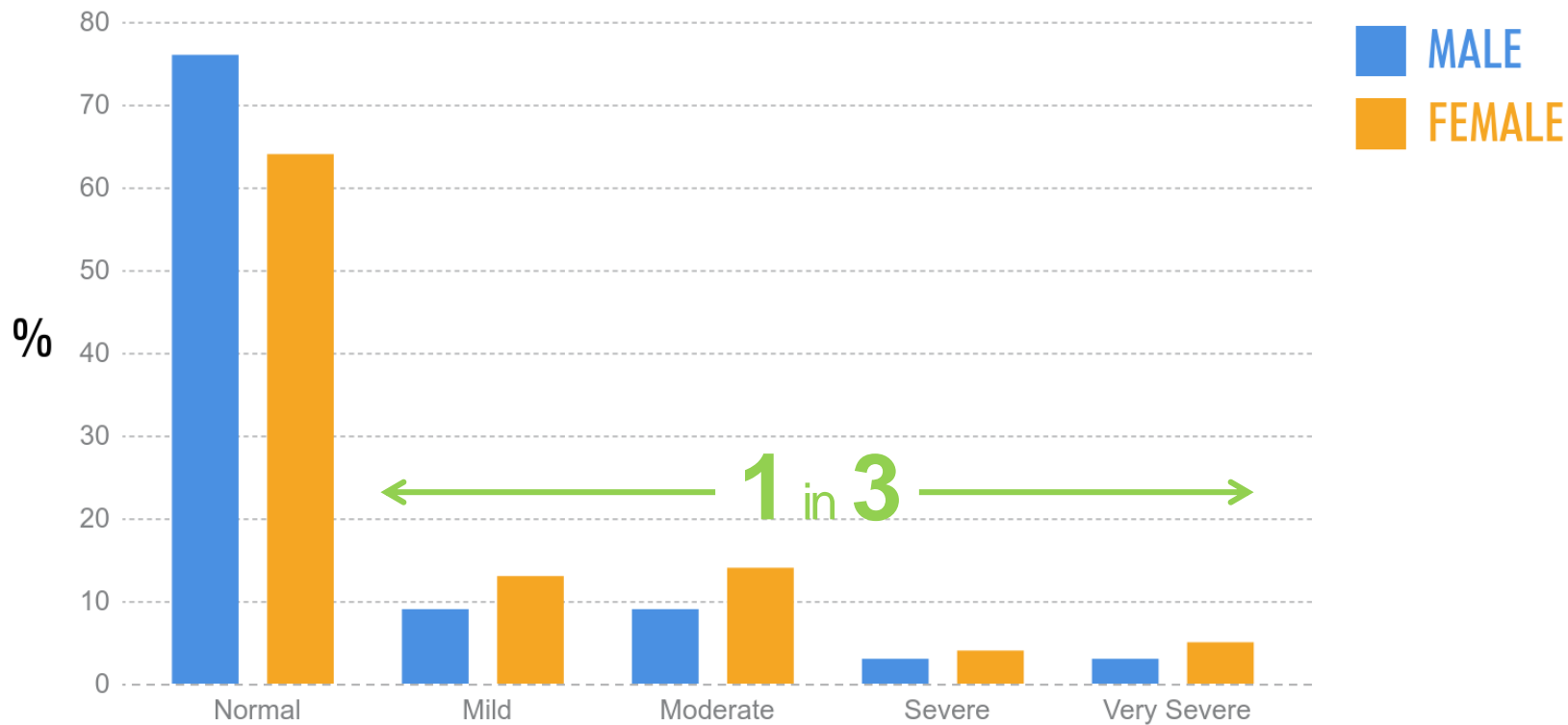


6,085 adolescents
aged 12-19 years



SOURCE: My World Survey 2012

Slide © Helen Coughlan 2018

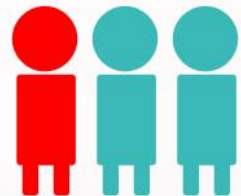


DEPRESSION

SOURCE: My World Survey 2012

IRISH YOUTH MENTAL HEALTH IN NUMBERS

Estimated number of youth
WHO HAVE EVER experienced a mental disorder



290,000 - 440,000



10-24 year olds

IRISH YOUTH MENTAL HEALTH IN NUMBERS

Estimated number of youth
CURRENTLY experiencing a mental disorder

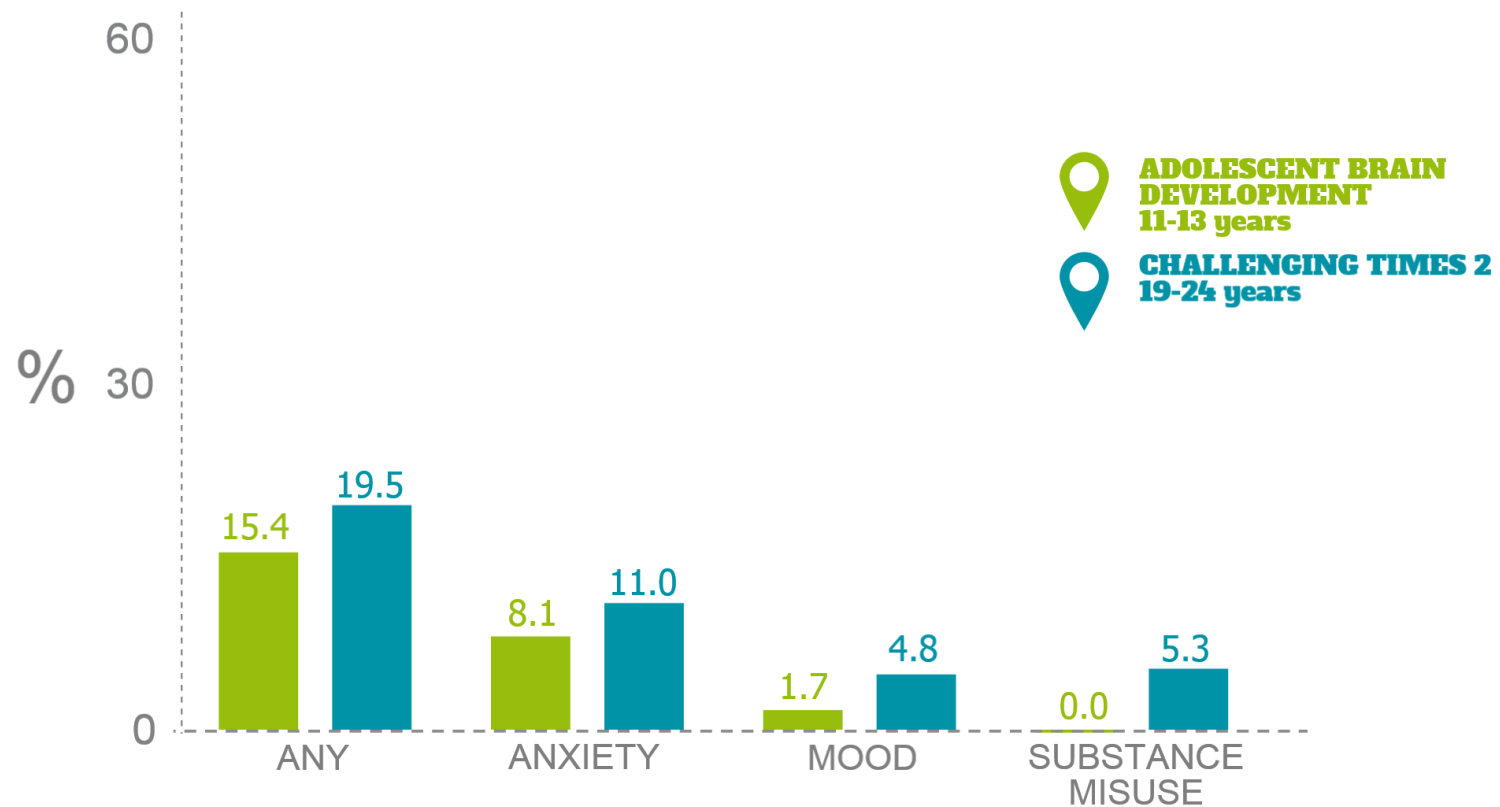


145,000 - 175,000

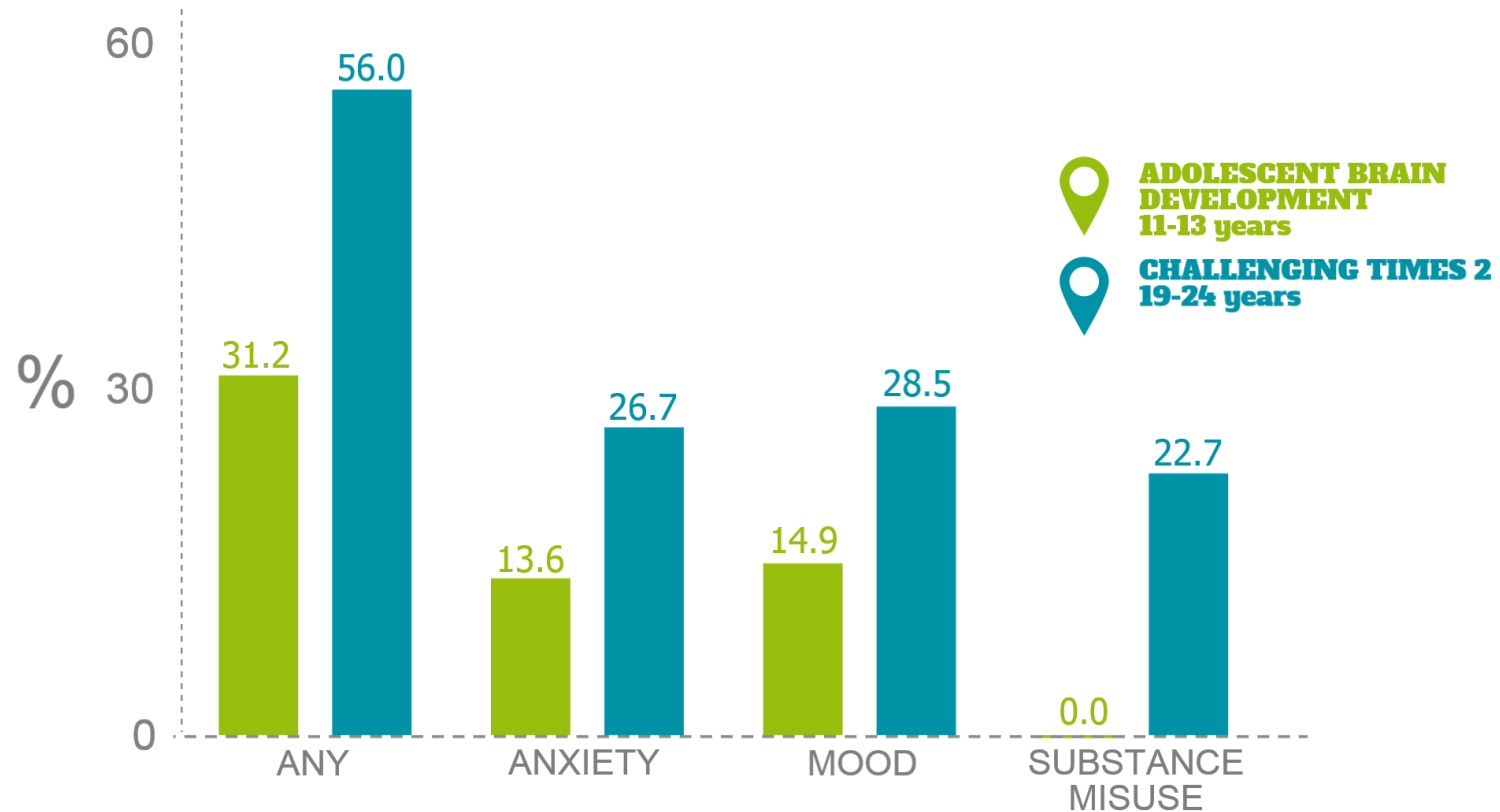


10-24 year olds

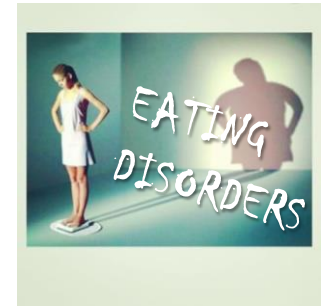
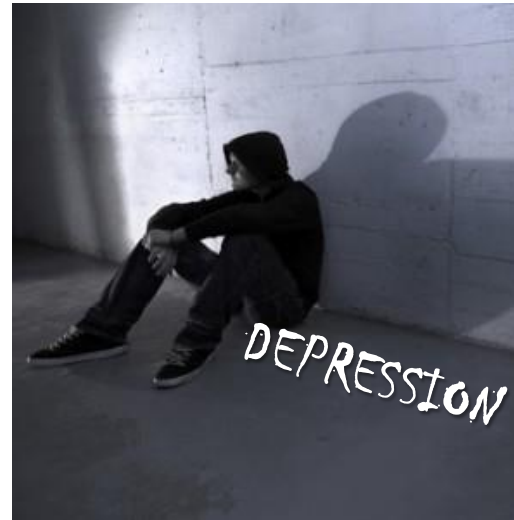
CURRENT RATES AMONG 11-13 AND 19-24 YEAR OLDS



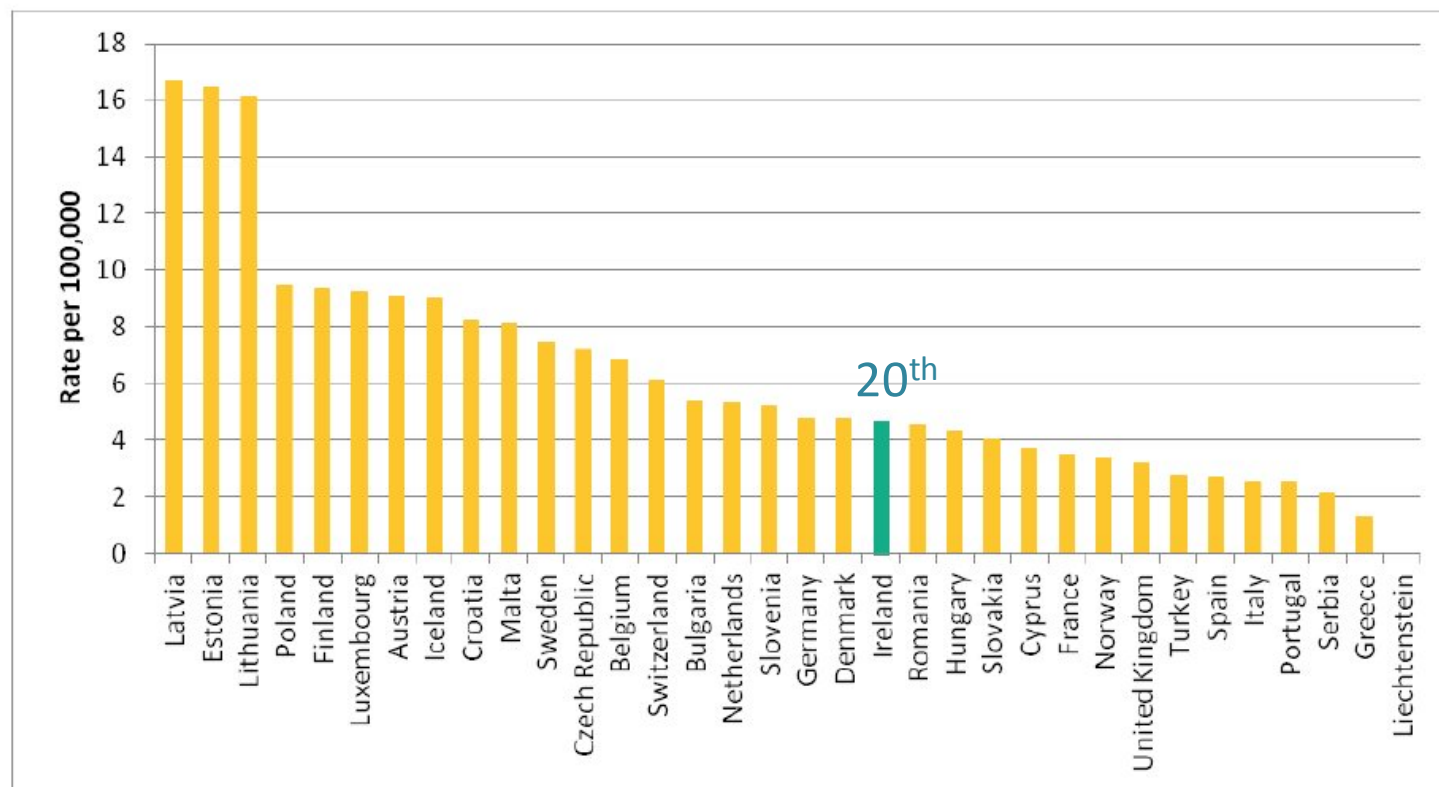
LIFETIME RATES AMONG 11-13 AND 19-24 YEAR OLDS



RCSI



Suicide rate per 100,000 for males and females aged 15-19 years by geographic region, 2014*²



SOURCE:
Eurostat 2018

* Data presented as the crude death rate from suicide per 100,000 people. Figures should be interpreted with care as suicide registration methods vary between counties and over time.

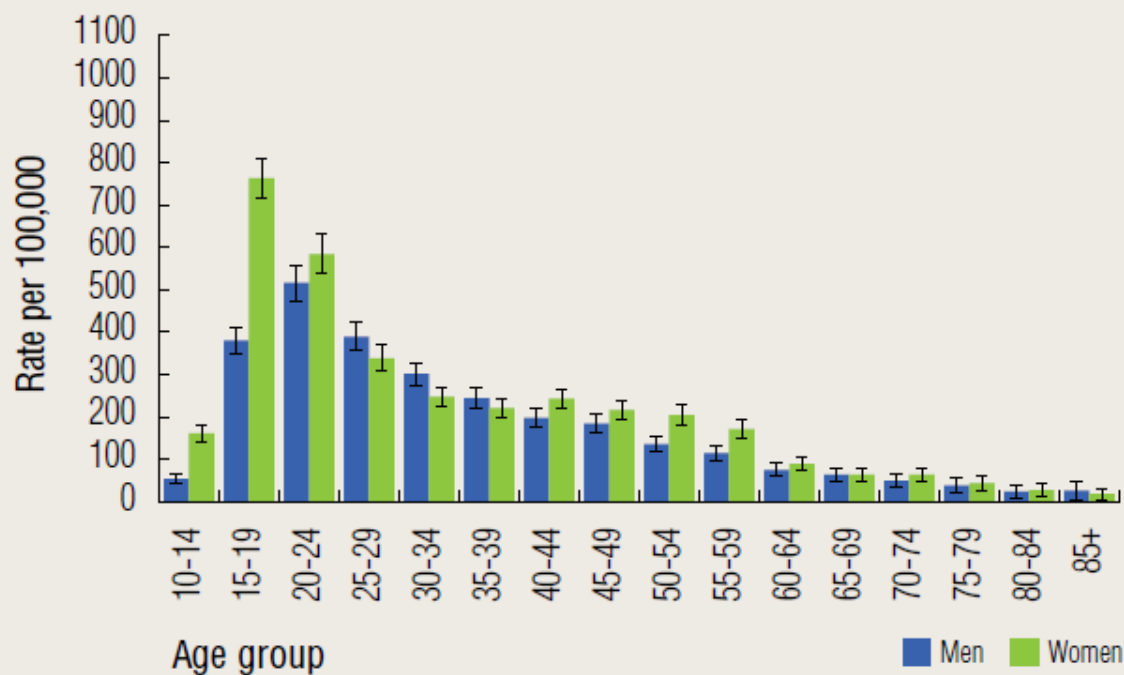


Figure 12: Person-based rate of self-harm in the Republic of Ireland in 2016 by age and gender.

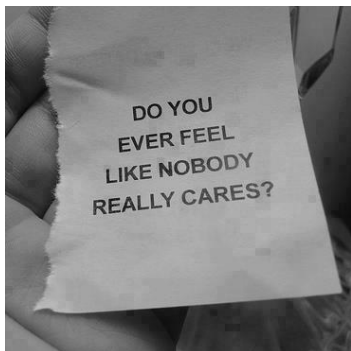
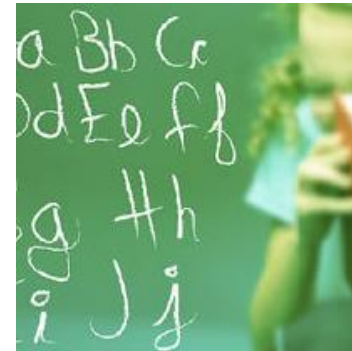


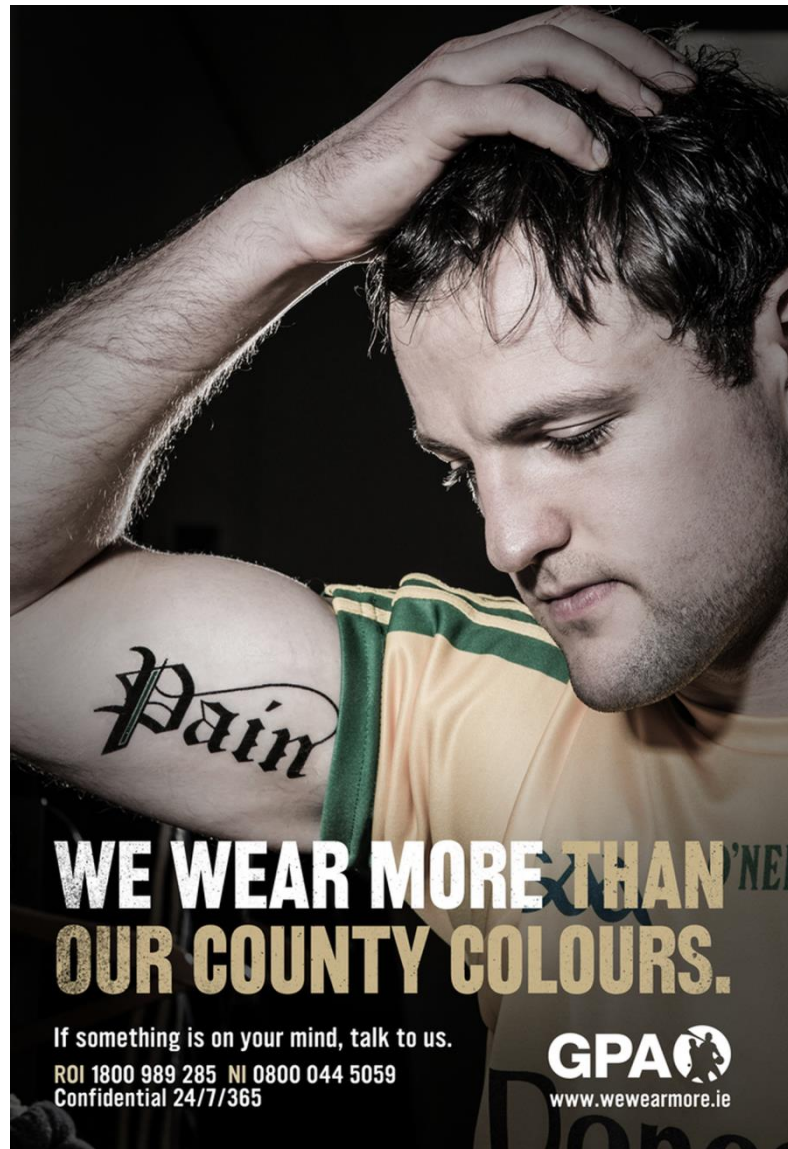
**Maybe I am just
not enough.**



WHY ME?



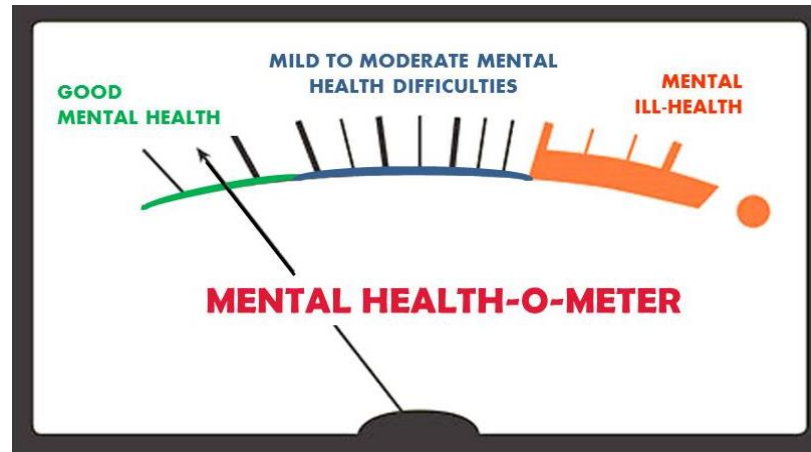


A close-up photograph of a man with dark hair, looking down with a somber expression. He is wearing a yellow sports jersey with green stripes on the sleeve. On his left upper arm, there is a black tattoo that reads 'Pain' in a stylized, gothic font. The background is dark and out of focus.

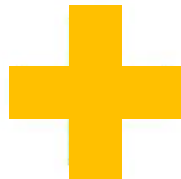
**WE WEAR MORE THAN
OUR COUNTY COLOURS.**

If something is on your mind, talk to us.
ROI 1800 989 285 NI 0800 044 5059
Confidential 24/7/365

GPAO
www.wewearmore.ie



**WHAT EXACTLY
IS THE PERSON
EXPERIENCING?**



**HOW LONG HAVE
THE EXPERIENCES
BEEN GOING ON FOR?**



**WHAT IMPACT IS
IT HAVING ON THE
PERSON'S LIFE?**



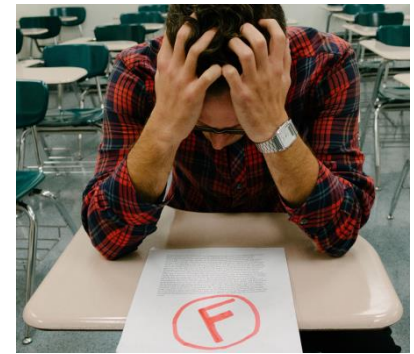
Behaviour



Thoughts



Emotions



Functioning

Sometimes
I can't
stop crying.



Just because everything looks great,
doesn't mean it is. If you've something
on your mind, just ReachOut.com

**REACH
OUT.COM**



“

Mental illness is nothing
to be ashamed of.
Neither is talking about
it. It's **#TimetoTalk**.

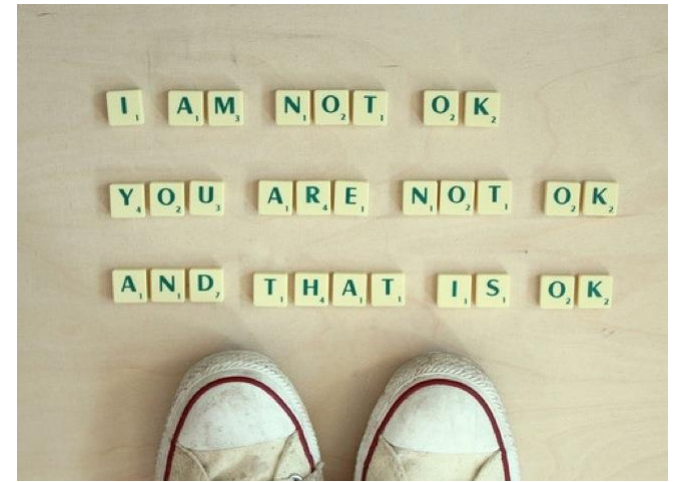
”

time-to-change.org.uk

Stig•ma (n)

The perception that a certain attribute makes
~~a person~~ ^{me} unacceptably different from others,
leading to prejudice and discrimination
~~against them.~~ ^{myself}

WHAT HELPS?





REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



Your time,
your words,
your presence



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

ONE
GOOD
ADULT.®





WEBSITES



Five ways
to wellbeing

Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Five ways
to wellbeing

Connect...

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Five ways
to wellbeing

Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Five ways
to wellbeing

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Five ways
to wellbeing

Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.