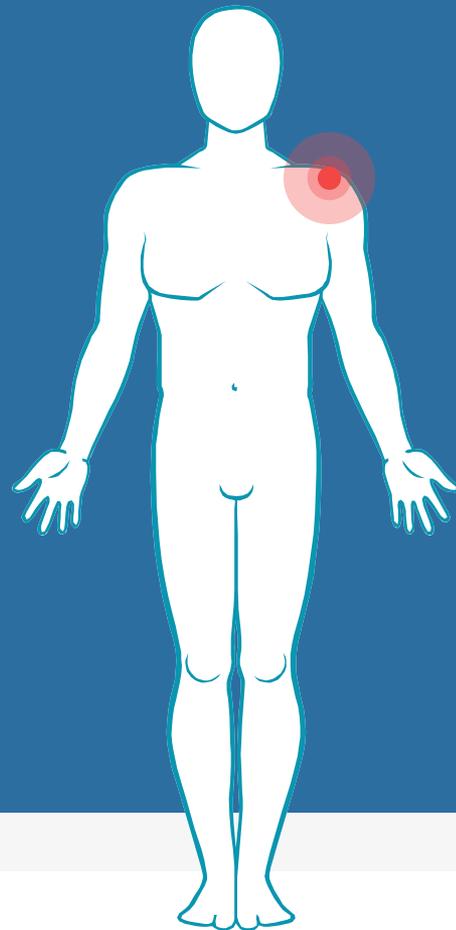


# On-Call

## 103: Digital Toolkit of Health Literacy Resources

Mental Health for teens and youth



# IN THIS PRESENTATION YOU WILL LEARN

- ▶ What is Mental Health for teens and youth
- ▶ The most common mental diseases teens and youth
- ▶ Supporting positive mental health
- ▶ Who can help ?



# ADOLESCENT MENTAL HEALTH



***Adolescence (10–19 years) is a unique and formative time. Whilst most adolescents have good mental health, multiple physical, emotional and social changes, including exposure to poverty, abuse, or violence, can make adolescents vulnerable to mental health problems.***

*World Health Organisation (WHO)*

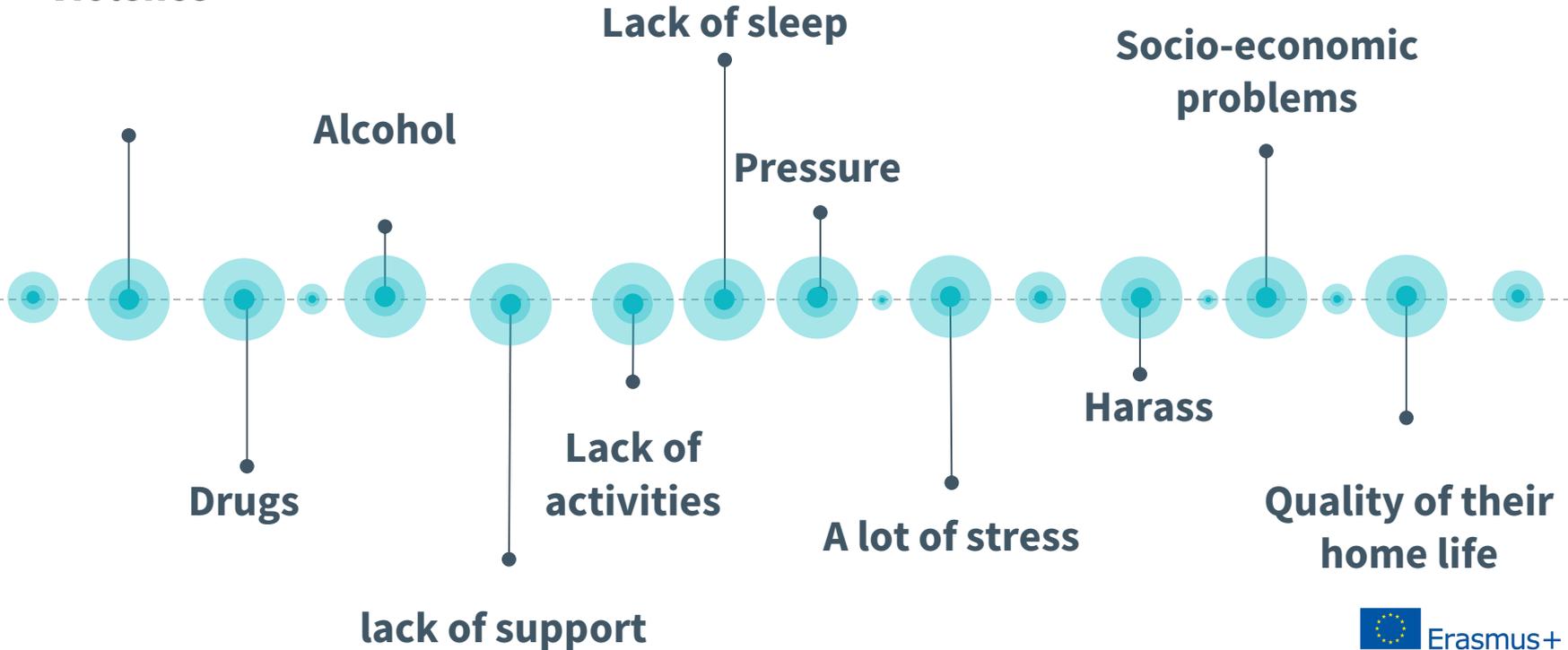
# Ways to improve the quality of mental life of teenagers

- ▶ Open discussion with parents and friends on mental health issues (have healthier relationships with family and friends)
- ▶ -do physical activity and eat a healthy diet
- ▶ -get involved in activities
- ▶ -have a sense of achievement
- ▶ -can relax and get a good night's sleep
- ▶ -feel like they belong to their communities
- ▶ feel happier and more positive about themselves and enjoy life



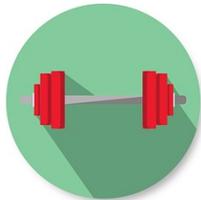
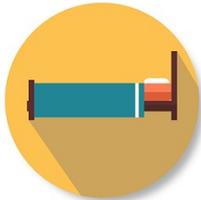
# MENTAL HEALTH RISK FACTORS FOR TEENS AND YOUTH

## Violence





# STRATEGIES FOR SUPPORTING POSITIVE MENTAL HEALTH IN TEENS AND YOUTH



# Show love

- ▶ Show love, affection and care for your child.

Love and support and a strong relationship with you can have a direct and positive impact on your child's mental health.



# 2

## Show interest



Show that you're interested in what's happening in your child's life. Praise his efforts as well as his good points and achievements and value his ideas.

# 3

## SPEND TIME TOGETHER

- ▶ Enjoy spending time together one on one with teens , and also as a friends



# 4

## Talk about feelings



**Encourage your child to talk about feelings with you. It's important for your child to feel she doesn't have to go through things on her own and that you can work together to find solutions to problems.**

## Who can help?

- ▶ Parents
- ▶ Friends
- ▶ Health professionals

We should not be ashamed of specialists/help because people who care about us are there to help us and mental health is a very important element of our lives.





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