



Teenage Stress and Anxiety

23rd June 2015

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This Evening

- Background and the national picture
- What are the causes of stress and anxiety in our young people?
- How can parents support our young people?
- What does the school do to support young people?
- Further support and guidance



The National Picture

- Stress and anxiety and its consequences are a growing concern in schools nationally
- Funding is being cut to CAMHS (Child and Adolescent Mental Health Services)

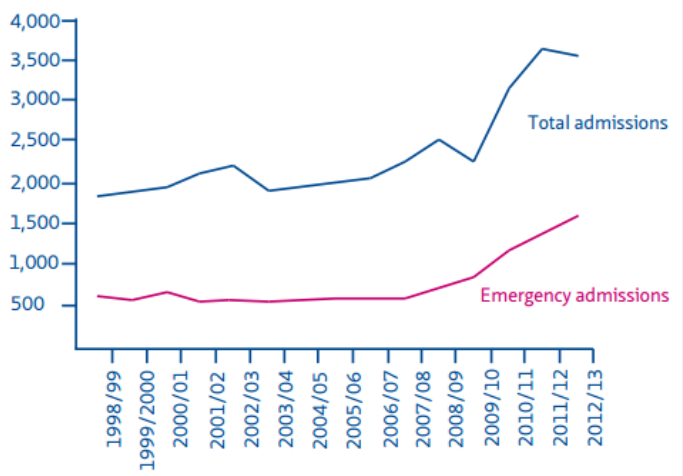


STOP CUTTING CAMHS SERVICES

YoungMinds is concerned that thousands of children and young people struggling to cope with mental distress may not get the help they need because of swingeing cuts to CAMHS services.



Figure 3. Child and adolescent psychiatry admissions 1998/99 to 2012/13²⁷



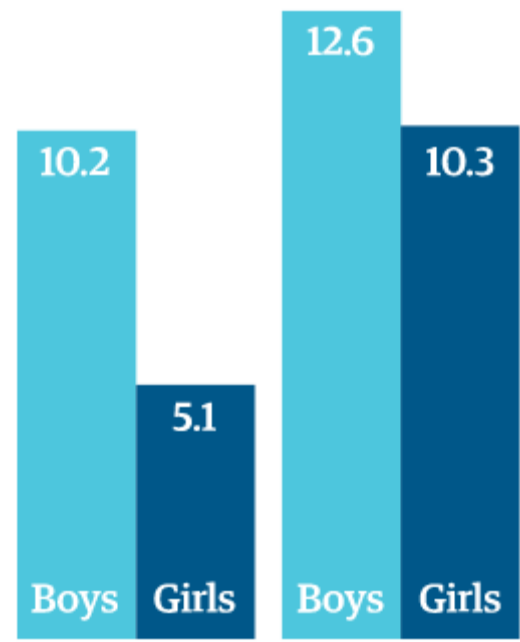
Source: Mind UK

The numbers of young people with a reported mental health disorder is growing.

Source: HSCIC

Mental disorders By age and sex

Children with a disorder, %



Five to 10 year-olds

11 to 16 year-olds



What are the causes of stress and anxiety in our young people?

- Pressure to fit in
- Pressure being the popular one
- Changes in friendships
- Families (breakdown) and parental pressure
- (Social) Media





What are the causes of stress and anxiety in our young people?

- Hormones and brain development
- An inability to communicate their emotions or even understand them
- Transition between school years 6 and 7 as well as 11 and 12
- Loneliness within school



Warning Signs

- Weight loss/gain
- Changes in the sleeping pattern – over or under
- Wearing long sleeves in the heat – this may be a sign of self-harm  
- More irritable, short-tempered or aggressive than usual
- Changes in relationship with family or friends



Warning Signs

- No communication – with friends or family
- Very pessimistic
- They can't concentrate or find that previously easy tasks are now difficult
- Illness – a lot of anxiety is held in the stomach – headaches can also be stress related
- Overly emotional



How can parents support their children?

- Communication is key
- Have one to one time with your children
- Name the emotion you see in your child
- Have a communication box
- Get professional advice
- Monitor use of technology and social media – be ‘friends’ with your children



What does the school do to support young people?

- Young people's mental health is part of our strategic planning
- Highly skilled and experienced pastoral team
- Referral process in place for identifying concerns
- School Counsellor and Mentor
- Ongoing support for students throughout their time at Beaumont (and beyond)



The Head of Year View

- What are the main causes and times of stress for young people?
- What happens when a child presents or is identified as a concern?
- How do we help – what is the procedure?
- PSHCEE curriculum



Further Support and Guidance

In School

- Form Tutor, Head of Year, Senior Teachers or Mrs Rickman – Pastoral Assistant
- Anesta Edge – School Mentor



Further Support and Guidance

External Agencies

- Parentline Plus (family lives) - 0808 800 2222 - www.familylives.org.uk/
- Rephael House Counselling centre – 0208 440 9144 – www.rephaelhouse.org.uk
- Youthtalk – 01727 868684 www.youthtalk.org.uk



Further Support and Guidance

- Young Minds - www.youngminds.org.uk/
0808 802 5544
- VISTA – www.vistastalbans.org.uk – Jo Maher
07939 111152
- GPs
- School Nurse



Questions

Anesta Edge

Jane Rickman

Pastoral Staff

Thank you for coming



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How to Hide Self Harm From Your Parents [x·`)

HannahVancouverr

zulily
DAILY DEALS
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SHOP

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- How to Cut Deeper?** (>д<)
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