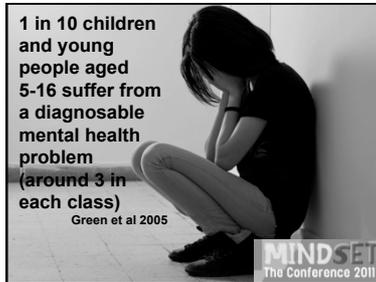


**Why am I
so
unhappy?**

Dr Kate Middleton

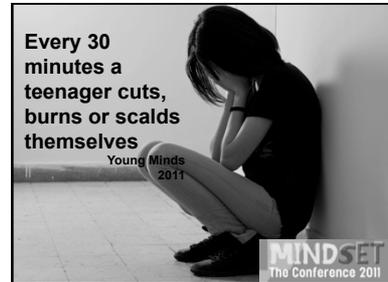
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The Conference 2011



**1 in 10 children
and young
people aged
5-16 suffer from
a diagnosable
mental health
problem
(around 3 in
each class)**

Green et al 2005

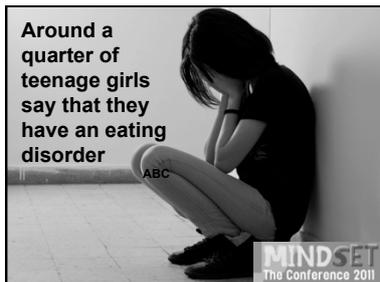
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**Every 30
minutes a
teenager cuts,
burns or scalds
themselves**

Young Minds
2011

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**Around a
quarter of
teenage girls
say that they
have an eating
disorder**

ABC

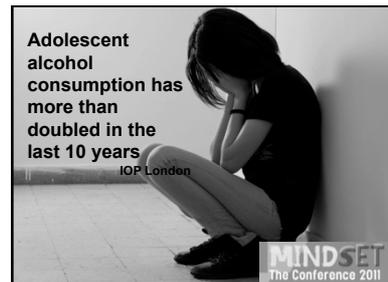
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**More than 1 in 4
teenagers admit
that they
frequently feel
depressed**

BBC Newsround survey

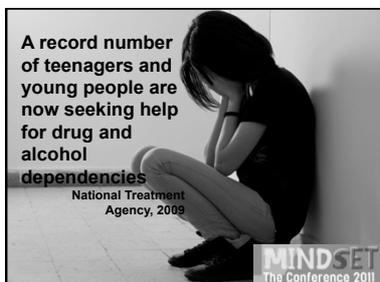
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**Adolescent
alcohol
consumption has
more than
doubled in the
last 10 years**

IOP London

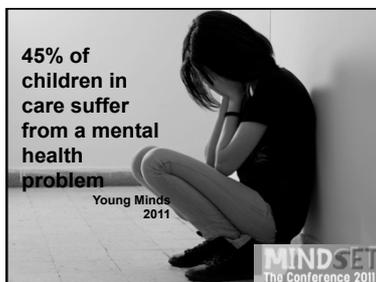
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**A record number
of teenagers and
young people are
now seeking help
for drug and
alcohol
dependencies**

National Treatment
Agency, 2009

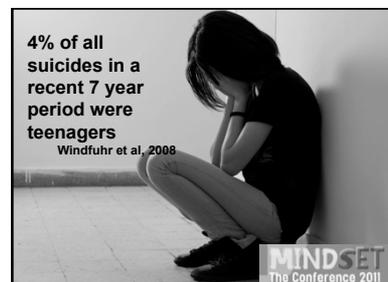
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**45% of
children in
care suffer
from a mental
health
problem**

Young Minds
2011

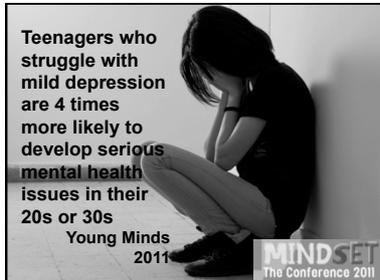
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**4% of all
suicides in a
recent 7 year
period were
teenagers**

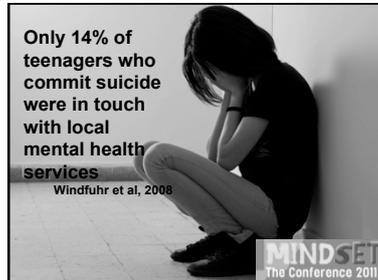
Windfuhr et al, 2008

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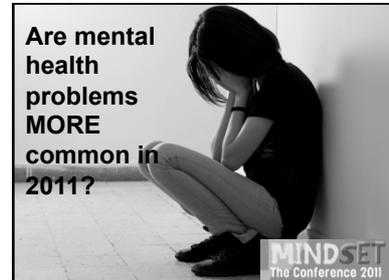
Teenagers who struggle with mild depression are 4 times more likely to develop serious mental health issues in their 20s or 30s
Young Minds 2011

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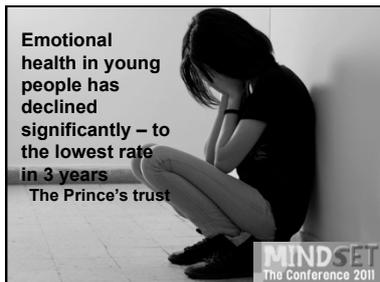
Only 14% of teenagers who commit suicide were in touch with local mental health services
Windfuhr et al, 2008

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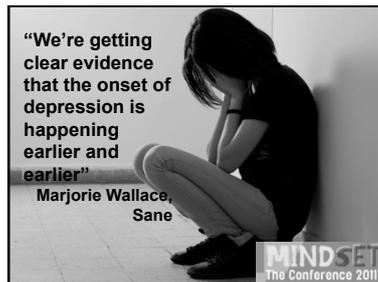
Are mental health problems **MORE** common in 2011?

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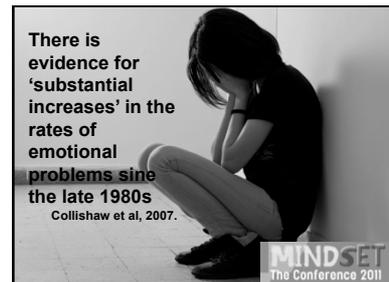
Emotional health in young people has declined significantly – to the lowest rate in 3 years
The Prince's trust

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“We’re getting clear evidence that the onset of depression is happening earlier and earlier”
Marjorie Wallace, Sane

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There is evidence for ‘substantial increases’ in the rates of emotional problems since the late 1980s
Collishaw et al, 2007.

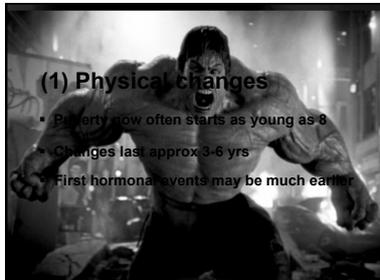
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WHY?



Adolescence is a time of **CHANGE** ...
... From **CHILD** into **ADULT**



(1) Physical changes

- Puberty now often starts as young as 8
- Changes last approx 3-6 yrs
- First hormonal events may be much earlier



(2) Emotional/cognitive changes

- This is all about learning adult thinking

Especially development of the **FRONTAL LOBES**

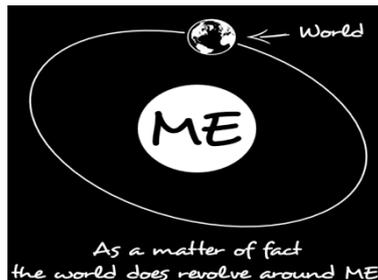
Inhibiting/control behaviour is not their strength



(2) Emotional/cognitive changes

- This is all about learning adult thinking

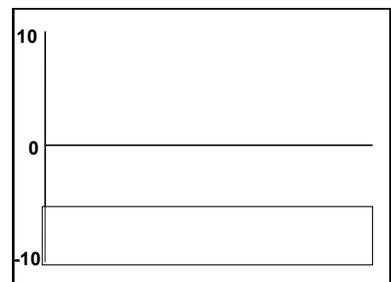
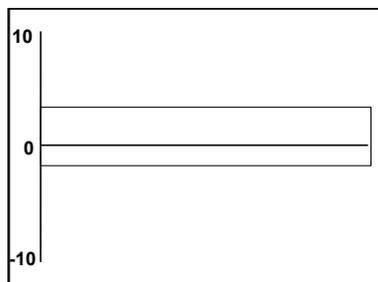
(3) Thinking becomes less egocentric

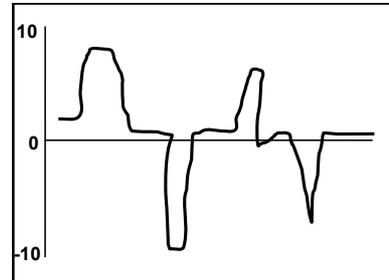
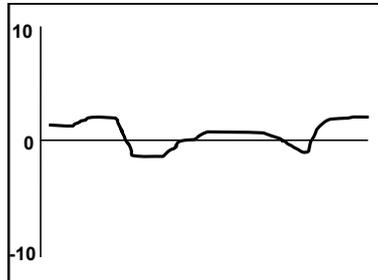
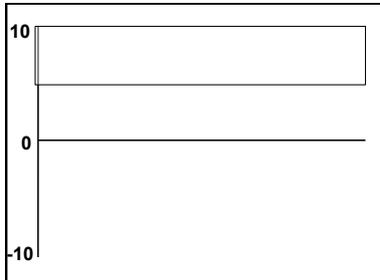


(2) Emotional/cognitive changes

- This is all about learning adult thinking

(2) Complex emotions are developing







(3) Psychosocial Changes

- Independence (from parents)
- Developing mature sexuality
- Developing adult sense of identity
- Developing realistic career goals

What does all this MEAN?

What does all this MEAN?

1. Adolescents often feel very out of control

What does all this MEAN?

2. Different young people may be at different stages of development at the same age

What does all this MEAN?

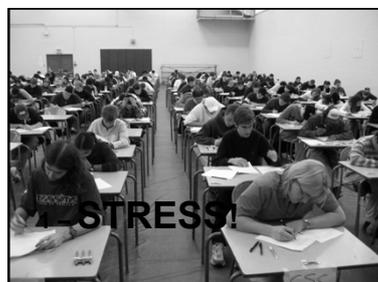
3. Adolescent emotions can be more powerful, less predictable, and less stable

What does all this MEAN?

4. Adolescents are more prone to substance misuse and to other emotional 'coping strategies'

What does all this MEAN?

5. Adolescents may act (and react) totally different one day compared to the next





The most common factor which influences the likelihood of someone starting to self harm is knowing someone else who self harms

Many people who self harm describe having read or heard about it and deciding to 'give it a go'

Rates of self harm have risen by 1/3 over the last decade

How much of this has been fuelled by increased awareness?



Teenagers and young people who start to use methods such as self harm, drinking, weight control etc in an attempt to deal with negative emotions are significantly MORE at risk of developing long term emotional problems

Can media interest trigger mental health 'trends'?



