

# Mental Health and Resilience in Children

Mental health problems affect about 1 in 10 children and young people. They include depression, anxiety and conduct disorder, and are often a direct response to what is happening in their lives.

Alarmingly, however, 70% of children and young people who experience a mental health problem have not had appropriate interventions at a sufficiently early age.

The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

## Types of Mental Health Conditions that can Affect Children Include:

- Anxiety
- Depression
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder
- Eating Disorders

## Possible Signs of Mental Health Conditions in Children Include:

- Physical Symptoms such as Headaches or Stomach Aches
- Persistent Boredom/Difficulty Concentrating
- Self Harm
- Substance Abuse & Risk Taking Behaviour
- Sleep/Appetite Problems

## Ways to Improve Wellbeing:

- Exercise Regularly
- Participate in Outdoor Activities
- Eat Healthily
- Socialise
- Mindfulness
- Talk to Someone



## Useful Links

- [www.childreninwales.org.uk](http://www.childreninwales.org.uk)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.mind.org.uk](http://www.mind.org.uk)
- [www.cardiffandvaleuhb.wales.nhs.uk/camhs](http://www.cardiffandvaleuhb.wales.nhs.uk/camhs)
- [www.changegrowlive.org/young-people/emotional-wellbeing-service-cardiff-and-the-vale](http://www.changegrowlive.org/young-people/emotional-wellbeing-service-cardiff-and-the-vale)
- [www.meiccymru.org](http://www.meiccymru.org)
- [www.samaritans.org/branches/cardiff-district-samaritans](http://www.samaritans.org/branches/cardiff-district-samaritans)
- [www.barnardos.org.uk/cardiff-and-vale-services/cv-emotional\\_health\\_and\\_wellbeing\\_services.htm](http://www.barnardos.org.uk/cardiff-and-vale-services/cv-emotional_health_and_wellbeing_services.htm)