











# What is Mental Health?



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# What types of Mental Health issues exist?

	<b>Depression</b>		<b>Anxiety disorders</b> (e.g., generalized anxiety disorder, social anxiety disorder)
	<b>Bipolar disorder</b>		<b>Schizophrenia</b>
	<b>Obsessive-Compulsive Disorder (OCD)</b>		<b>Post-Traumatic Stress Disorder (PTSD)</b>
	<b>Eating disorders</b> (e.g., anorexia nervosa, bulimia nervosa)		<b>Attention-Deficit/Hyperactivity Disorder (ADHD)</b>
	<b>Borderline Personality Disorder</b>		<b>Substance Use Disorders</b> (e.g., alcohol use disorder, drug addiction)

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## How does it make young people feel?





## How can I support my child?

- Listen to what they are saying to you and keep an open dialogue.
- Recognise mental health issues are real, and most people will suffer from one in their lifetime.
- Seek medical attention where required.
- Use resources on the school website [here](#).
- Encourage positive wellbeing e.g. good sleep habits, healthy diet, phone down time, family/friends socialising time.

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## Vapes and e-cigarettes

It is a common misconception that smoking vapes or e-cigarettes is a safer alternative to smoking.

Please be mindful that THC oil (active component in cannabis) is able to be added to some vapes and e-cigarettes which poses an additional risk to young people, and is illegal.

Please find more information about the risks of vaping [here](#).



## Cannabis edibles

There have been deaths in the local area recently as a result of people eating cannabis edibles, also known as gummies.

Please see resources about the risks of cannabis edibles

[Cannabis Edibles Info](#)

[Cannabis Edibles Poster](#)

[Edibles Information on Safety](#)



## E-safety

*In a recent national survey 40% of young people reported to speaking with strangers online.*

Please see resources [here](#) and [here](#) which you can use to support you keeping your child safe online.

Omegele and Lobby are popular apps which allow young people to speak to strangers, as a result of this these apps are unsafe.

Inappropriate content such as pornography is easily accessible online, please be aware of what your child has access to.

Please see information [here](#) on adding parental controls.

You can also limit access to social media and streaming services, a list of resources to support this is [here](#).



## Mental Health

***1 in 4 people in the UK will experience a mental health problem each year.***

Please see [resources](#) you can use to support your child's mental health.



## Child Criminal Exploitation

Children are vulnerable to being groomed to engage with committing crimes as outlined [here](#).

Further information about risk factors and signs can be found [here](#).

- It is illegal for children to buy vapes
- Vapes are banned in school
- It is detrimental to health
- If students require support with quitting, we can offer this.
- See [here](#) and [here](#) for news stories about the dangers

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# THC and Cannabis Edibles

- Be aware of sweets
- Vapes are being sold with THC



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- Be aware of what students can access and look at using a filtering system
- Be aware that images could be illegal
- Be conscious of who they engage with on their phone and remind of not knowing people online
- Be conscious of screen time

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## Safety in the Community

- Risks include youth violence and robberies
- Students should not be walking alone at night
- Grooming and gangs are risks within the community. See [here](#) for video.

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## IN THE KNOW ?

INFORMING PARENTS ON YOUNG PEOPLES ISSUES

**22ND MARCH 2024** **ARRIVE 6 15** **START 6 30**

IN THE KNOW PROVIDES INFORMATION ON KEY PARENTAL CONCERNS SURROUNDING YOUNG PEOPLES ISSUES SUCH AS:

- SUBSTANCE MISUSE
- SEXUAL HEALTH
- BARRIERS TO EDUCATION
- EXPLOITATION
- MISSING EPISODES
- MENTAL HEALTH AND WELL-BEING

IN ORDER TO CATER TO BOTH PARENTS/CARERS AND YOUNG PEOPLE, THIS PROGRAM HAS BEEN DESIGNED TO DELVE INTO EACH TOPIC ONCE A MONTH TAKING INTO CONSIDERATION THEIR EMOTIONAL NEEDS AND WELL-BEING

**FREE**  
**SIGN UP HERE**



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**SOMETHING ELSE TO GET INVOLVED IN**  
**TUESDAY 27TH FEBRUARY**



CONTACT NADINA 07871812751

“ Lets strengthen the relationship between the community and services together ”

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3 The Grove London E15 1EL

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