
A Study on Mental Health from the viewpoint of young people.

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Children and Family Wellbeing Service
Lancashire Youth Council
Hyndburn, Ribble Valley and Rossendale
Lancashire County Council

Staff involved in the project

Lancashire Youth Council Hans Mundry
Youth workers – Kerry Scrivener Hyndburn, Daisy Welsh Ribble Valley
Lisa Spencer Rossendale.
Youth Workers – Lynne Farr, Danielle Jones, Anwar Kapadi,
Safaur Rahman, Jo Riding and Lucy Robinson

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Introduction

Youth work staff are aware of reports of mental health young people have shared with staff over time.

Youth workers have a wide range of experience of working with young people individual and in groups.

The young people involved in this study have varied knowledge and experience of mental health mainly with friends and family but have made it known to the staff in this project that it does take place in other places to.

Young people were happy to take part and hope to make a difference with their involvement.

Young people are from various areas of Rossendale, Hyndburn and Ribble Valley.

Methodology

Our team are aware of a number of different types of research methods and look at these before deciding on our favoured method.

The ethnographic approach, inducting reasoning from the particular to the general, building up cases, letting hypotheses emerge.

Thematic analysis was used conceptual schemes arise from the information bottom up, not top down approach. Progressive focusing concepts develop and become narrower as the work proceeds.

Theoretical sampling with groups from age, genders, religion, and geographical location study weekly sessions.

The method of social research we chose to use were observation, group debate in a safe place where young people were at ease and happy to share, helping to bring out their views and thoughts.

Ethic approach

All young people involved in this project asked for this work into Mental health to be completed as they consider it to be important to them and other young people.

Youth workers responded to the request from young people. (the project is young people led)

Young people were made aware that the completed work will be shared with other youth agencies. Young people were happy with this. Young people were made aware that they may be asked to present their work to other agencies and other groups of young people. Only if they feel confident with doing this.

Young people wanted their full names on the acknowledgement but the group talked about how this work would be shared and it would be better to only use their first name so that they could keep ownership and make it more difficult for them to be identified (it was made clear that if young people did not want their name on the acknowledgments they could take their name off). Young people can use the report in their personal record of achievements.

All young people (parents/ carers on behalf of young people) involved with the project have consented and filled in registration forms giving consent for their work to be presented by Lancashire youth council on the Web, Facebook and other youth agencies. In compliance with Lancashire Youth Work, working practice. (some have given image consent also).

With this being a sensitive subject and young people may open up some personal memory's experiences.

Extra staff were on the session to open up break out rooms to invite young people who need extra support can move too and talk to staff in privet staff can give support and advice and sign post young people to professional agencies if needed.

We have full time staff on 24/7 safeguarding stand by and Lancashire Talk Zone which offers support to young people with any issues from 10am till 10pm 7 days a week.

Different types of people who suffer from mental health issues.

Soldiers in the army suffered from PTSD (post-traumatic stress disorder)

And they were called 'cowered' s and shot.

No matter who you are you can suffer with these issues

Billy Eilish - PTSD for some parts of her life, anxiety and depression.

Steve Young - social anxiety disorder

Demi Lovato - suffer with bipolar disorders.

Leonardo DiCaprio - OCD

Justin Bieber - ADHD

Gymnastics says they suffer with mental health issues as they are put under so much stress

Jessica Alba - OCD

Prince Harry - says he suffers with mental illnesses but never specified any

Jim Carrey - depression

Dwayne Johnson - depression

Hailie Mardel - OCD

Zain Malik - eating disorder, anxiety and depression

Selena Gomez - depression

Jacob Motonomy - anxiety

Kendall Jenner - panic disorders and anxiety

Dylan O'Brian - self harm and depression

Lewis Capaldi - depression and anxiety

Katy Perry - depression

Dominic Harrison - anxiety depression and Suicidal thoughts

Ian Johnson - anxiety

Friends of Charli - one of them has depression, another has anxiety and depression and the last one suffers from suicidal thoughts and depression.

School children and adults from all ages suffer from all ranges of mental health issues.

New-born baby mothers (and sometimes fathers) are more susceptible to a form of depression called postnatal depression, where they feel unable to care for their baby.

- Vulnerable people who grow up in unstable or possibly abusive homes
- People with low self-esteem are more likely to suffer from anxiety
- Celebrities such as Avicci and Caroline Flack (she received lots of online hate and then committed suicide, which gained lots of media attention, but people didn't seem to care before she committed suicide.)
- Men are less likely to own up to their problems or be willing to get help because of the societal view that showing emotion is not masculine.
- Unemployed people-when they don't have something to occupy them are more likely to suffer from depression and anxiety from money problems. (Especially after COVID)
- Many famous footballers and sport stars have opened up about mental health issues, usually due to being under intense scrutiny and always being in the limelight.
- Old people often get very lonely when their spouses and friends die.
- Young people get lots of anxiety from school pressure, social media and bullying.
- Front line workers such as doctors, nurses, paramedics and police officers who deal with lots of tragedy and death.
- Princess Diana opened up about her eating disorders and depression.
- People with SEN who often struggle to communicate with people.
- Overall anyone can suffer from mental health disorders.

A further discussion was had during this session that leads nicely to our other sections. This was around the actions that could be taken to support young people with mental health.

- Share with friends/ask a friend to talk to someone
- Seek advice from Teachers
- Talk to Parents
- Talk to care worker or youth worker

Causes of Youth Mental Health?

We spoke about the recent Megan Markle interview with Oprah where she shared she had suffered with mental health issues and sadly she has been challenged by Piers Morgan and the public who have said she is making it up. We discussed how sometimes people think that if you have money, status/power you can't be affected by mental health. Tahira said that you can't say that someone isn't suffering with emotional/mental health because that is not for you to say. We all said that if someone shares they are struggling we should allow them to own their own situation and feelings and be kind.

Jay spoke about how sometimes people don't know how to respond when you say you are struggling, they might say 'oh it's just a bad day'. We discussed how this is lack of education/understanding of how to support or respond to someone.

Jay also said she feels that schools/education provisions are scared to talk about mental health.

We discussed how mental health can affect anyone, it doesn't matter who you are sometimes in life people can find them having struggles.

Why?

- Stress
- Environment
- Work
- Money/bills
- Diagnosed conditions that develop over time
- Bullying
- Parents separating/divorce
- Arguments in the home
- Abusive relationships
- Covid/lockdown
- Childhood trauma or traumatic experiences

Daisy explained to the group what trauma is and how it impacts people differently. Daisy shared with the group a story of her grandma once fell when walking home and this has since impacted her emotional health and made her scared/anxious to leave her house. We spoke about how if Daisy had experienced that fall it would not have impacted her the same as her Grandma.

What sort of young people will suffer from mental health issues?

Anyone no matter of age more likely groups

Students in exam years

Young people who have poor relationships with parents

Family relationships problems

People who are LGBTQ communities from parents, peers

People who are ethnic minorities, low income families

People who have lost family members

Youtubers – added stress

Social media on- line hate

A lot of footballers receiving racial abuse

People who are bullied, or do not stand up for themselves and become an easy target

Bullied for her birth name, nicknames

People with insecurities

People with physical disabilities

People with disability

People with hidden disabilities

People who have got behind with schoolwork due to not having the technology needed to do home learning

Boys -lot less to talk emotions -Boys don't cry

Young people who do not know how to deal with emotions

The reasons why people suffer from mental health

All the above

Stress and worries contribute to mental health

Tiredness

People trying to hold a job as well as studying

Bullied

Health problem

Eating disorder not just about losing weight but also about gaining weight

Photo shopped photos of people on tv (not real)

Friendships break down and become toxic

Home life

In high school more people to become friends with

The impacts of youth mental health

The group were asked to think about the impacts mental health can have on young people –

Young people said depression. We then explored this and looked at how someone might present who is struggling with depression such as –

- Withdrawn and isolated
- Some people start neglecting themselves in respect of self-care.
- Being sad all the time
- Being tired all the time and we discussed how it can impact physical health.
- Lack of appetite
- Said lack of self-esteem/confidence
- Stop caring about themselves or others
- It is likely they will experience loneliness
- It can lead to addiction
- It can lead to eating disorders and Han's shared some material he had been reading.
- Poor sleep
- Present with different behaviour
- Young people may experience feelings of anger or guilt
- Scared it could impact education
- Messy rooms
- Young people become angry, cry for no apparent reason.
- Self-harm-suicide, hurt themselves
- No motivation
- Low energy level
- Mixed moods very unhappy to very happy spending too much time on electronics
- Become reclusive and not want to socialise
- Depending on the individual they may find it hard to talk about mental health
- Downward grades which then make you feel worse and in a vicious circle
- Distant with their own family
- Don't want to get out of bed
- Depressed and tired all the time
- Don't want to wash and wash their hair, clean their teeth
- Distracted at school
- Don't feel understood
- Feel alone
- Feel as though they are left out even when they are included
- Loose interest in their hobbies that they enjoy
- Dark or negative mindset
- Start to use alcohol or drugs to block out the pain
- Try anything to numb the pain.

Next, we discussed suicide and how this is sometimes a severe impact of poor mental health. We chatted about how sometimes people don't want to die, they just don't want to be in the present moment because of the emotional/mental pain they are experiencing.

We spoke about how some people cover it up because of negative stigma.

Information shared from (Youth MHFA Course Manual 2017)

Evidence suggests a complex range of factors and individual vulnerabilities rather than one single factor leading to a young person attempting or completing suicide. Suicide can be the result of a build-up of stressors in someone who is vulnerable and has limited protective and resilience factors.

Self-harm is an act of survival, not a final act. However, with repeated self-harm comes a greater risk of attempted suicide. When factors such as the increase of stressors, breakdown of support networks, fearlessness, and disconnection are present, self-harm can overlap with suicidal ideation and even completion. Nevertheless, hopelessness alone does not predict attempts.

It is essential that those engaging in self-harm receive professional help and monitoring and on-going emotional support from their community.

According to the (Youth Mental Health First Aid (MHFA) Course Manual 2017)

A young person developing mental health illness (psychotic disorder) will often not reach out for help. Someone who is experiencing profound and frightening changes such as psychotic symptoms will often try to keep them a secret. If you are concerned about someone, approach them in a caring and non-judgemental manner to discuss your concerns. Let the young person know that you are concerned about them and want to help. Understand that the young person you are trying to help might not trust you or might be afraid of being perceived as "different", and therefore may not open with you.

If possible, you should approach the young person privately about their experiences in a place that is free from distractions.

Try to tailor your approach and interaction to the way the young person is behaving (e.g. if the person is suspicious and avoiding eye contact, be sensitive to this and give them the space they need). Don't touch the person without their permission, as they may feel intimidated or threatened by this, especially if they are already feeling suspicious. If the young person is unwilling to talk with you don't try to force them to talk about their experiences. Rather, let them know that you will be available if they would like to talk in the future.

People you can go to for support

School- mentor in school, nurture room, seek advice

Friends ask them to talk to some on your behalf.

Family

Youth worker, care worker.

Form teacher and other teachers you have a relationship

GP

Government funded system is CAMHS – Not many young people feel failed by CAHMS

Therapist

Mind Mental health charities

Kooth

Mind matters

Papyrus -positive

Young minds

NSPCC website

Children's society

NHS

Child line

MOMO mind of my own the mental health work

talk phone.

Its help's talking about it with someone.

Don't force it on people such as others.

Don't share gossip.

Don't have random friends and be supportive.

talk up about their mental.

prompt them.

do actives.

teacher see them first and depends on family.

parents might notice something or staff.

get a solution together.

Mind.

Papyrus

topic.

things to search for like help.

find Pro help

encourage people for help.

giving people advise.

talk slow.

talk calmly.

body language.

make a thought that people look small and yourself as big.

the way you come across.

quite down.

have a funny side

How can we support victims of Mental Health? Causes of Youth Mental Health?

- One young person suggested that schools could hold clubs at lunch times and breaks where young people who fear they are feeling anxious have a safe space to go away from the crowd where young people can discuss the issues they are having and create friendships with other young people in similar situations.
- Have somewhere for them to go and get support in a quiet and chilled out space
- Have peer support groups so vulnerable young people have the opportunity to talk to someone nearer their own age
- Support could come from within the school but maybe a teacher who students may relate too and build up a sense of safety.

(Supporting information from Youth MHFA Course Manual 2017)

Additional supports are important factors in improving a young person's chances of recovery from mental health. Living in a stable and secure social environment with decent housing. Support from family and friends, and opportunities to stay in school or college, or in suitable work, and play a meaningful role in society, all play their part in promoting wellbeing for young people experiencing mental health-just as they do for the rest of us.

Family and friends are very important source of support for a person with a mental health condition. A person is likely to recover more quickly and to do better if they have a good relationship with their family. Family and friends can help by:

Listening to the young person without judging or being critical Keeping the person's life as stress free as possible, at least in the early stages, to get appropriate professional help

Checking if the person is feeling suicidal and taking immediate action if they are, providing the same support as they would for a mentally ill person.

Gaining an understanding of mental health to help the young person come to terms with their diagnosis.

Helping young people to plan for the future.

- Build a positive self-image
- Increase control and responsibility over your life
- Supporting self-advocacy
- Giving the young person information
- Enabling participation in service provision

- Helping the young person to find creative options
- Helping young people to plan for the future.
- Safeguarding the young person's rights.

Approach the young person, assess, and assist with any crisis.

Listen and communicate non-judgementally

Give support and information

Encourage the person to get appropriate professional help

Encourage other supports.

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