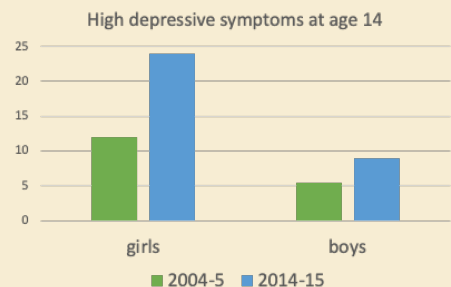


Mental Health of Children, in the Context of Schools

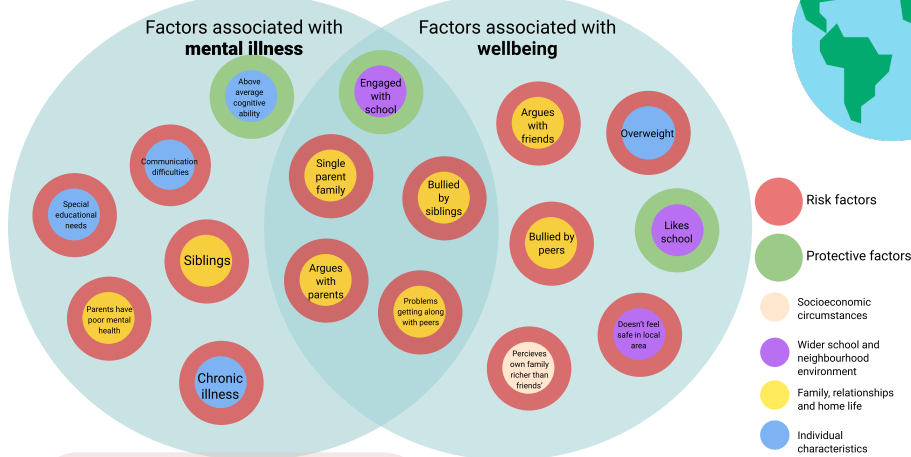
Mental health difficulties in young people are high and continue to be a growing issue. We need to understand the changing contexts that help explain the increases in emotional difficulties.

In 2017, 12.8% of 5-19 year olds have one mental health disorder and 5% have at least two.



Protective and Risk Factors: Children's mental illness and wellbeing at age 11

Findings from the Millenium Cohot Study



This gives **certain children in certain contexts** the potential to be more vulnerable to mental health issues.



A school's composition and climate are both associated independently with children's mental health.

School climate is a larger determinant compared to composition which makes it a great universal target for improving mental health outcomes.

A school's composition is not easily changed **BUT school's climate is malleable**

Schools may either adopt a **whole school** or more **targeted, individual** approach to mental health

Interventions may include:

- Interpersonal skills training, conflict resolution
- Anger management, emotion regulation
- Art, drama, music
- Sports
- Leaflets, web information
- Buddy systems
- Behaviour management (swap desks depending on behaviour)
- Snooze room, quiet space, time out area
- Drama room, play ground
- Counselling with professional
- Anti smoking, substance abuse

