

# Mental Health Booklet

*Children and Young People*



**Victim First**

**catch  
22**

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# Stress

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**Stress makes you feel bad and can be impactful on your health. This section provides you with some information and practical ways to help you start dealing with stress.**

**Remember: You are not alone and there is always someone who can help!**

Stress is a response to pressure and demands in daily life. Stress includes physical symptoms such as sweating, fast heart beats and muscle tension. Additionally, stress can result in emotional and behavioural responses such as feelings of irritability, feeling overwhelmed, difficulty in concentrating and helplessness. It is important to remember that stress is a normal response and it has helped us evolve due to resilience and adaption (NHS, 2017).

## Statistics

- Are you between the ages of 13 and 18 years old and feeling stressed? Recent statistics by the APA (American Psychological Association, 2019) found stress is common among young people, due to education pressures.
- 1 in 10 young people are affected by a mental health problem. Young adults spend more than six hours per day feeling 'stressed out' (Francis, G 2018).
- 50% of mental health problems are established by age of 14 years old and 75% by the age of 24 years old (Mental Health Foundation, 2019).
- 10% of children and young people aged 5-16 years old have clinically diagnosable mental problem. Although 70% of children and young people who experience mental health problems have not had appropriate support and interventions (Mental Health Foundation, 2019).

## Causes/Symptoms

Stress is a response to pressure and demands in daily life. So for young people this could include

- Social media
- Education expectations and applications to college
- Relationships
- Family life
- Religion and faith
- Transition
- Self-esteem
- Culture
- Bullying and discrimination
- Identity
- Illness
- Parents and teachers expectations and pressures

# Stress

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## Media Campaigns

Zayn Malik - was a member of One Direction who was struggling to cope with stress from band tours. Official statement stated that “Zayn has been signed off with stress and is flying back to the UK to recuperate” MSN (2015).

Kendall Jenner- She may be known for being a part of the Kardashians and being a model for various famous brands. Kendall explained that “My way to de-stress is either listening to music or talking to my sister, Kourtney. She’s going to teach me how to meditate and that should help a lot” (Huffpost, 2017).

Kelly Clarkson “God will never give you anything you can’t handle, so don’t stress” (Balleck, 2011, p229).

**“If I’m ever feeling tense or stressed or like I’m about to have a meltdown, I’ll put on my iPod and head to the gym or out on a bike ride”**

Michelle Obama (BBC, 2019)



# Stress

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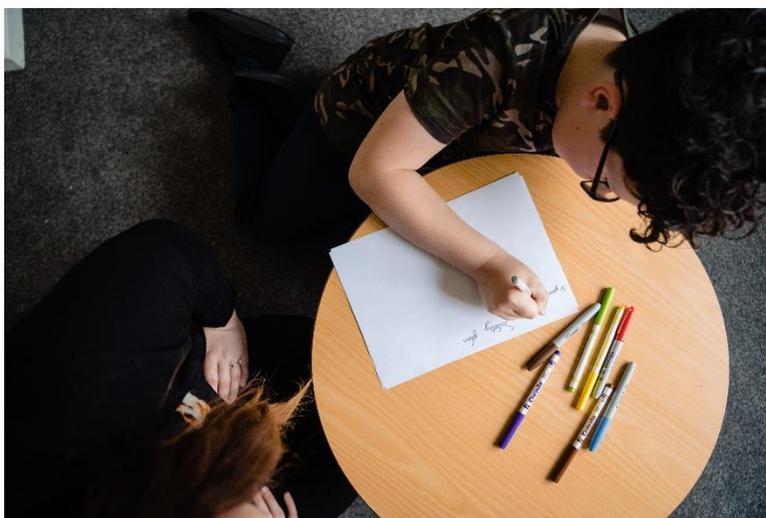
## Case study

Sam (16) has recently been a victim of burglary. His friend's house was broken into and only his laptop was taken. The property was left unlocked as a result of Sam and his friends forgetting to lock up after playing football. Sam is an independent, outgoing and full-of-life individual with a huge circle of friends. His family and girlfriend are very supportive.

Sam has had to postpone his studies at college. The laptop stolen contained his college coursework which he was due to submit a week after the burglary took place; Sam suffered with anxiety and stress and was not able to sleep after the burglary. The incident has caused Sam to feel isolated from his friends and as a result his relationship with his girlfriend has broken down.

Victim First support Sam emotionally and practically, providing a locks and alarm service and also giving Sam a personal alarm so he could feel safer. A dedicated caseworker contacted Sam every couple of weeks to help him feel supported and empowered.

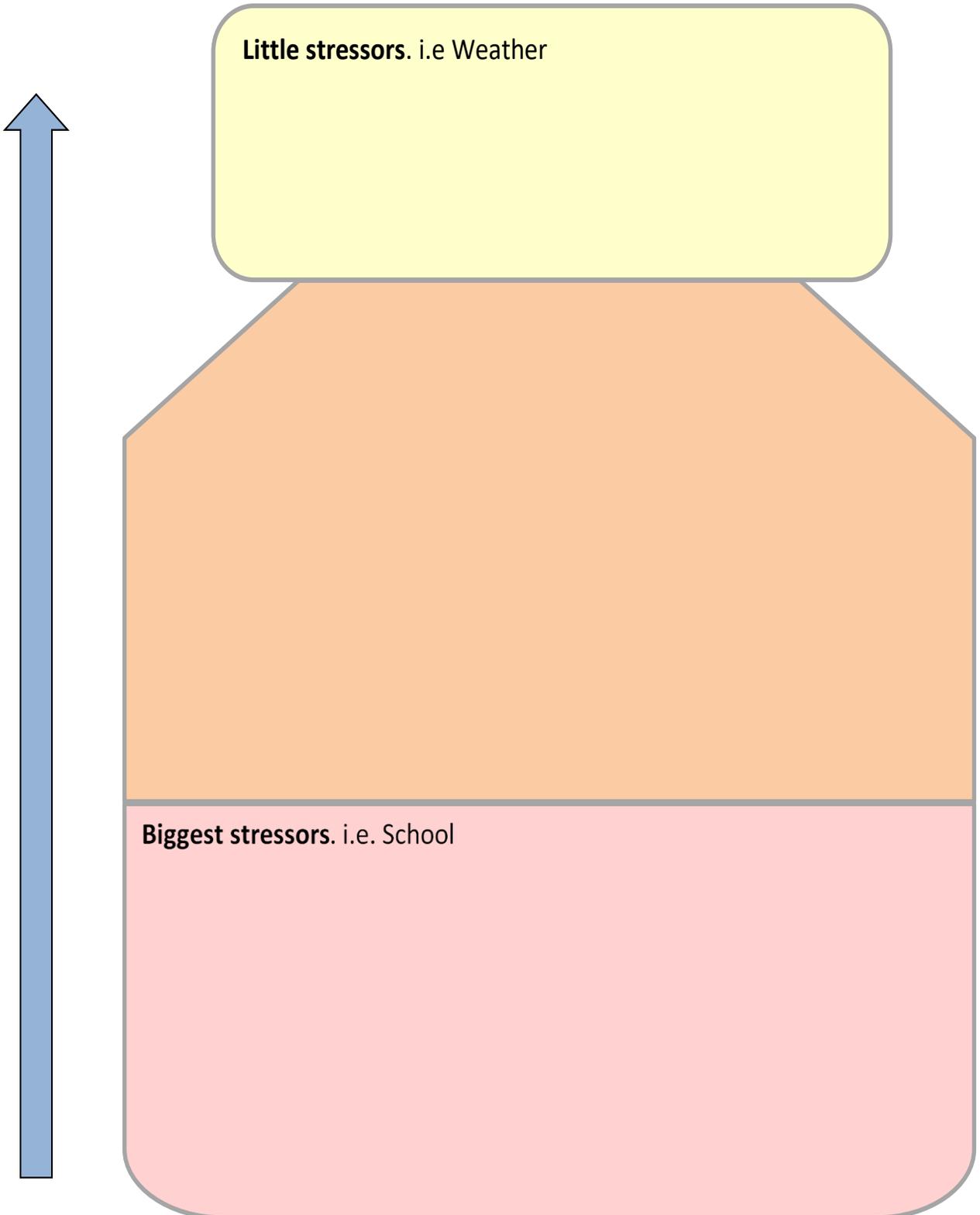
It has been 3 months since the Incident and Sam now is playing football and seeing friends again, Sam does still feel anxious at times but understands this will take time.



## Activity Pack

### Stress Bottle

Sometimes we use the phrase “Bottling Up” in relation to emotions and feelings. In this activity, write or draw in the bottle everything which is currently on your mind and causing you stress.



**Now look at your bottle and answer the questions below:**

Which of the 'stressors' need urgent attention?

.....  
.....  
.....

What can I change?

.....  
.....  
.....

What can't I change and need to accept?

.....  
.....  
.....

Can I ask anyone to help me?

.....  
.....  
.....

How do I cope with the stressors?

Unhealthy coping strategies: i.e. comfort eating

.....  
.....  
.....

Healthy coping strategies: i.e. Mindfulness and meditation

.....  
.....  
.....

# Anxiety

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**Anxiety is a feeling of unease which can be characterised by having reoccurring worried thoughts and tension which can affect your daily activities. Anxiety can also cause physical symptoms such as blood pressure, sweating, dizziness or a rapid heartbeat (Folk, J & Folk, M, 2019)**

## Statistics

- In 2013, there were 8.2 million cases of anxiety in the UK (Mental Health Foundation, 2019).
- In England women are almost twice as likely to be diagnosed with anxiety disorders compared to men (Mental Health Foundation, 2019).
- The one-week prevalence of generalised anxiety in England is 6.6% (Mental Health Foundation, 2019).

## Causes/Symptoms

Everyone has feelings of anxiety at some point in their life, for example you may feel nervous and anxious when going to sit an exam or attending an interview. At times like these, feeling anxious is a normal response. However, some people can find it very hard to control their thoughts and feelings as it is continuous and can often affect their daily lives. This might be caused by past or recent experiences. For example, something distressing might have happened in the past which might make you feel anxious about similar situations again.



# Anxiety

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## Media Campaigns

**Demi Lovato** - As a mental health advocate and founder of the *Be Vocal: Speak Up For Mental Health* initiative, Demi Lovato has spoken out about living with bipolar disorder and battling anxiety in the past. (Craig, L 2017).

**Emma Stone** – She may be known for her comedy acting and endless charm but since adolescence has struggled with anxiety. Speaking to *The Wall Street Journal*, Emma described her first experience of having a panic attack, when she thought the house was burning down. (Craig, L 2017).



Speaking to *Cosmopolitan*, Ellie Goulding opened up about her experience with panic attacks, “*Sick, horrible things would go through my mind but I didn’t want to draw attention to myself. “It got to the point when I couldn’t even get into the car and go to the studio.”* Through CBT (cognitive behavioural therapy) and talking about her childhood, Ellie was able to come to terms with the route of her anxieties.

– Ellie Goulding (Craig, L 2017)

# Depression

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Depression is a long lasting low mood that has an effect on your daily lifestyle by making daily activities seem harder to complete. Depression can sometimes make you feel; upset, tearful, empty, agitated, suicidal, low-confidence or low self-esteem. This can lead to you doing things like; avoiding going to public areas, finding it difficult to concentrate at school or work, having no appetite, difficulty in sleeping and self-harming.

## Statistics

- Depression is the predominant mental health problem worldwide, followed by anxiety, schizophrenia and bipolar disorder (Mental Health Foundation, 2019).
- 4-10% of people in England will experience depression in their lifetime (Mental Health Foundation, 2019).
- In 2014, 19.7% of people in the UK aged 16 and over showed symptoms of anxiety or depression - a 1.5% increase from 2013. This percentage was higher among females (22.5%) than males (16.8%) (Mental Health Foundation, 2019).

## Causes/Symptoms

Depression can vary between people, as we all have different factors that might lead to depression. For example past childhood experiences such as abuse or neglect can lead to depression. Depression can also be triggered by life events such as death, being physically or sexually assaulted or unemployment.



# Depression

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## Media Campaigns

**Lady Gaga** - This pop star has dealt with anxiety and depression and has openly admitted to taking medication for her depression. During an interview with *Billboard* magazine, she has stated that she believes that it is important to talk about one's mental health. "If we share our stories and stick together, we're stronger." (Ratini, M 2018)

**Michael Phelps** – This Olympic swimmer has said that his first "depression spell" occurred in 2004, but his lowest point came after the 2012 Games. Phelps stated that he has previously sat alone in his bedroom for multiple days "not wanting to be alive," and recognised he needed help. On receiving treatment and communicating about his feelings, Phelps stated that his "life became easy" and understands "it's OK to not be OK." (Ratini, M 2018)

As one of Hollywood's highest paid actors, "The Rock" spoke about his depression to the Express. "Struggle and pain is real," said Johnson, who saved his mother from a suicide attempt at the age of 15. He later tweeted that "depression never discriminates" and that it is key "not be afraid to open up. Especially us dudes have a tendency to keep it in. You're not alone."

– Dwayne Johnson (Ratini, M 2018)

# Depression

## Case study

Anil (14) has witnessed hate crime in his neighbourhood. His family have been receiving verbal abuse from neighbours regarding their faith. Anil used to be an outgoing student who enjoyed going to afterschool clubs and playing football. Anil does not like being at home as he does not feel safe, and has led him to feel anxious and depressed. He has been struggling to concentrate at home but the school are aware of the incident and have been supportive, but he struggles when he is home and is unable to complete his homework. All of this has negatively impacted on Anil's confidence as he does not feel as if he can go out to afterschool clubs because he fears everyone might bully him. Anil has been struggling to sleep at nights and has lost his appetite. When he walks back home from school, Anil feels hot and sweaty and tearful and he gets worried about bumping into his neighbours.

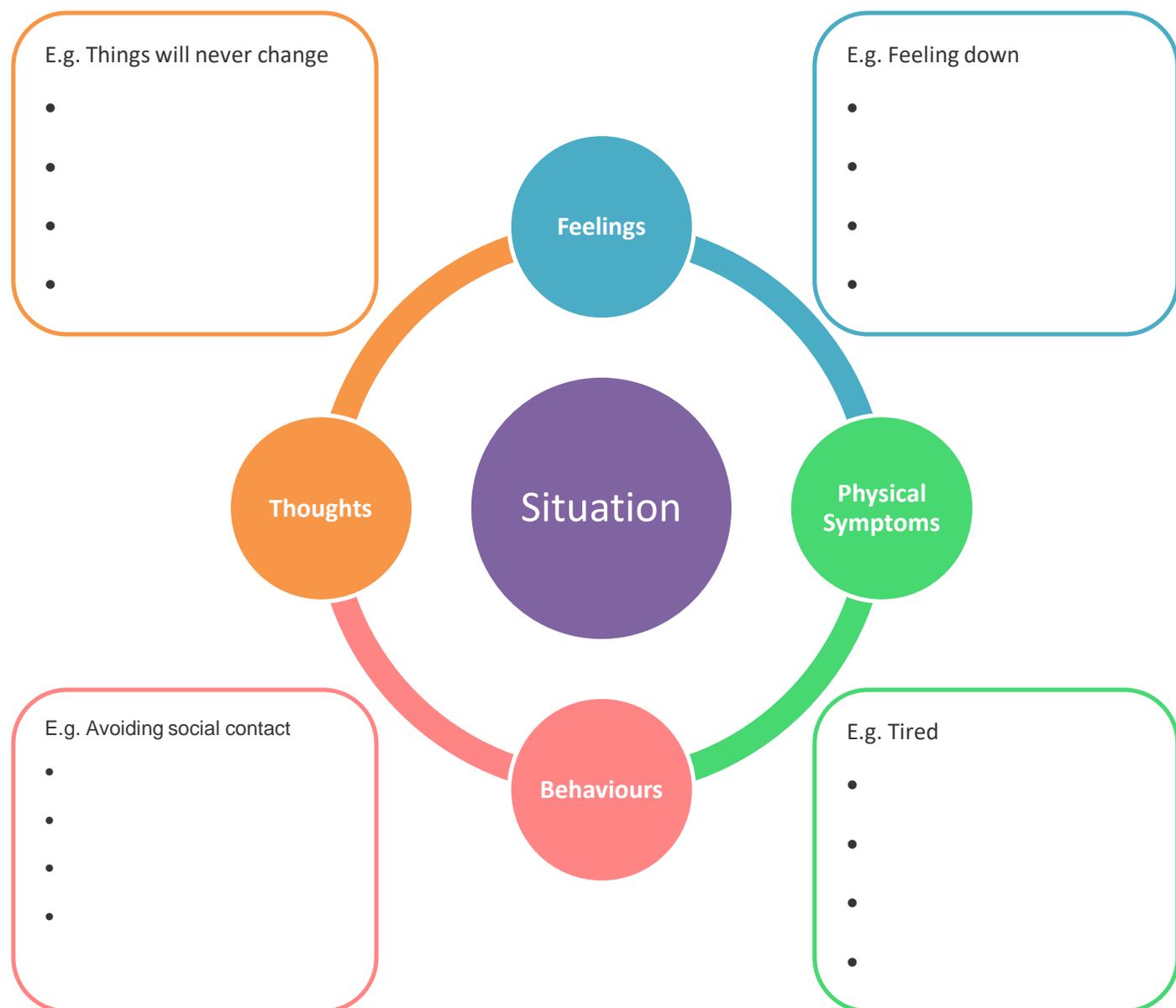
As a result of speaking to Victim First, we were able to support Anil by making a referral to the Mental Health Nurse who was able to provide Anil with support around his anxiety and depression. We were also able to make a referral to 24/7 locks, a target hardening service, who were able to add locks and alarms to the property to make Anil feel safer. We also provided Anil with a personal alarm which he was able to carry when he goes out, especially when walking to and from school. We provided regular follow up calls and a letter for the school for Anil to receive extension on his homework.



## Activity pack

When looking at anxiety or depression and how we can try to overcome this; it become clear that there are factors such as physical symptoms, behaviours, thoughts and feelings involved which keeps the anxiety and depression going.

Try filling out something that has happened in your own experience. This may help you understand your worries and how certain situations make you feel.



# Challenging Behaviour

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## Brief Description:

Challenging behaviour is often referred to as 'culturally abnormal behaviour' (Emerson, 1995, pp.4-5). It is about recognising the signs that something is not working for a particular person. Behaviour that can become challenging is when it "causes harm or if it stops people from fulfilling an aspect of their life" (Scope, 2018).

The signs and the impact of challenging behaviour may be displayed as through the following:

- Aggression
- Self-harm
- Destructiveness
- Disruptiveness

(NHS, 2018)

It is important to acknowledge that there might be wider issue whereby challenging behaviour may be linked to an individual's mental health. Refusing to eat may be linked to an individual feeling down whereas aggressive behaviour may be a linked to high anxiety. It is vital to see the issue from the view of the person presenting the challenging behaviour (Scope, 2017).

As a carer, try to understand why the person you look after is behaving in this way. For example, they might feel anxious, bored or be in pain. If the early warning signs can be identified, behavioural outburst may be preventable (NHS, 2018).



# Challenging Behaviour

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## Other challenging behavioural concerns for children:

Sometimes children show sexual behaviour that's inappropriate or unexpected for their age.

This can be because of:

- Curiosity
- Anxiety
- A traumatic experience
- A learning disability
- A mental health problem

Distracting a child with another activity can be one way to overcome inappropriate behaviour that is displayed in the public (NHS, 2018)

## Relatable causes:

To understand some relatable causes for behaviour that is found to be challenging, it is important to understand that all behaviour(s) occur for a reason and therefore being aware of the cause is key. It is important to identify health problems as sometimes this may be the cause or even make behaviours worse. Some cause of challenging behaviour may be the following:

- “Social attention” – This may be successful in getting the attention of others, even if it is negative, for example through screaming.
- “To get something” – An individual may learn behaviours that can enable them to get items that they desire.
- “Escape” – This may aid an individual to avoid or prevent things they do not like, for example the going to the doctors.
- “Sensory” – At times, people enjoy the sensation that specific behaviours deliver, for example buzzing

(The Challenging Behaviour Foundation, 2019).



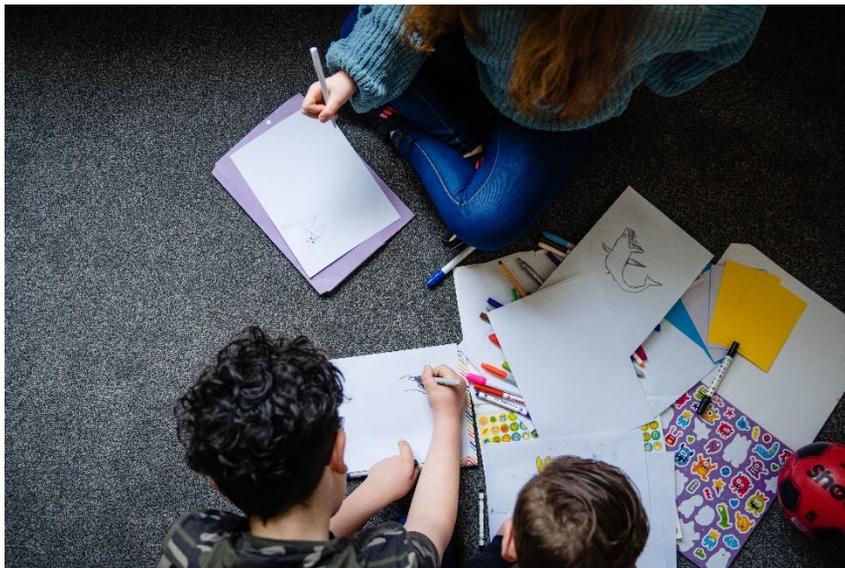
# Challenging Behaviour

## Challenging behaviour – Assault 14 year old girl case study.

Looking for signs of challenging behaviour can be difficult and ways in which our service can help support young people who may be going through this is by actively listening to what they are going through.

An example of a case referral that came through as an assault involved a young girl who was 14 years old and displaying signs of challenging behaviour. This included becoming aggressive towards other pupils at school and shouting at her parents and spitting in the home. Arguments at home started as her mother was frustrated as she would regularly be expelled from school. Teachers said she was shouting at other pupils and not wanting to co-operate in her class or with homework.

When speaking to her she said she was actually being bullied at school. This led to her acting in a challenging way at school so she could be sent home. When at home, she would then be aggressive with her mother because she felt nobody really listened to her. Her and her mother would regularly argue because of the fact she was expelled. With her consent I then was able to write a letter to the school for her to get one to one support, and spoke to her mother as she needed someone else to intervene to help stop all the arguments which were a result of miscommunication and frustration.



## Activity

Sometimes we **don't** acknowledge the positives as we are so focussed on difficult outburst of challenging behaviour.

In this activity, write or draw all the things/situations in the smiley face that makes you happy.



**Now look at your smiley face and answer the questions below:**

When I display challenging behaviour is it because of not receiving something that makes me happy/calm?

.....  
.....  
.....

What can I change about myself to make me happy?

.....  
.....  
.....

What can't I change or struggle with and feel I need acceptance with?

.....  
.....  
.....

Can I ask anyone to help me be coping and stopping the challenging types of behaviour?

.....  
.....  
.....

How do I cope with the behaviour?

Unhealthy coping strategies when displaying difficult behaviour:

.....  
.....  
.....

Healthy coping strategies when feeling angry or frustrated:

.....  
.....  
.....

# Eating Problems

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Eating disorders can include bulimia, binge eating and anorexia as well as other forms. It can mean that people restrict the amount of food that they eat, they eat more food than they need to maintain a healthy lifestyle or they make themselves vomit after eating. For more information on different types of eating disorders please see the further information page (Beat Eating Disorder, n.d.)

Eating seems like an easy thing to understand right? However if you have been a victim of crime, eating can be dramatically affected. This section provides you with some information and practical ways to help you to start getting the right support for eating problems. It is important to know that you are not alone and there is always someone who can help!

## Statistics

- Research has identified that 20% of anorexia sufferers “will die prematurely” from their illness (Mental Health Foundation, 2019)
- It is estimated that approximately “1.25 million people in the UK have an eating disorder” (Beat, n.d.)
- The National Institute of Health and Clinical Excellence “estimates around 11% of those affected by an eating disorder are male” (Beat, n.d.)
- 1 in 100 of women between the ages of “15 and 30 are affected by anorexia” (Priory, n.d.)
- 40% of those “affected by an eating disorder suffer from bulimia” (Priory, n.d.)

## Symptoms

- Constant dieting.
- Hiding food or food wrappers.
- Eating in secret.
- Eating to the point of discomfort or pain.
- Self-induced vomiting.
- Laxative use.
- Excessive exercise.
- Frequent bathroom trips after eating.

(Timberline K, 2019)

# Eating Problems

## Case Study

Sarah (14) has been a victim of a sexual assault. Sarah recently told the police. Sarah is a quiet person who loves school and spending time reading books and drawing. Sarah has had time off school and has recently been eating excessively; Sarah said that she struggles to control her eating as this is the only thing that makes her feel in control.

At Victim First we would look to support Sarah through emotional and practical support, we would talk to Sarah about how she is feeling and if she would like to speak to a mental health nurse, we would also look at potential counselling and liaising with other specialist services such as a CHISVA.



**“I am beginning to measure myself in strength, not pounds. Sometimes in smiles.”**

**– Laurie Halse Anderson  
(Anderson, L. H, 2009)**

# General Support

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## Mind

Website: <https://www.mind.org.uk/>

Telephone: 0300 123 3393

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Text: 86463

Lines are open 9am to 6pm, Monday to Friday (except for bank holidays).



## Rethink

Website: <https://www.rethink.org/>

Telephone: 0300 5000 927

Monday - Friday 9.30am - 4pm, not including bank holidays



## Samaritans

Website: <https://www.samaritans.org/>

Telephone: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Text: 86463

We're here round the clock, 24 hours a day, 365 days a year.



## Young Minds

Website: <https://youngminds.org.uk/>



## Epic Friends

Website: [www.epicfriends.co.uk](http://www.epicfriends.co.uk)

# General Support

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## Childline

Website: [www.childline.org.uk](http://www.childline.org.uk)

Telephone: 0800 1111



## NHS

Website

<https://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

Telephone: 111

Open 24 hours a day, 7 days a week.



let's end mental health discrimination

## Time to Change

Website: [www.time-to-change.org.uk](http://www.time-to-change.org.uk)



## LGBT Centre

Website: [www.leicesterlgbtcentre.org/#welcome](http://www.leicesterlgbtcentre.org/#welcome)

Telephone: 0116 2547412

Monday – Thursday 9-5pm Friday 9-2pm



**family  
lives**

*Listening, supportive and non-judgemental*

## Family Lives

Website: [www.familylives.org.uk](http://www.familylives.org.uk)

Telephone: 0808 800 2222

# General Support

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## Anxiety UK

Infoline: 03444 775 774

Text Service: 07537 416905

Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)



## Depression UK

Website: [www.depressionuk.org](http://www.depressionuk.org)

Email: [info@depressionuk.org](mailto:info@depressionuk.org)



## PAPYRUS (Prevention of young suicide)

Website: <https://www.samaritans.org/>



## CALM – Support for Males

Telephone: 0800 068 41 41

Mon-Fri 10:00 am to 10:00 pm

Weekends 2:00 pm to 10:00 pm



## Turning Point

Website: [www.epicfriends.co.uk](http://www.epicfriends.co.uk)



## Beat Eating Disorders

Website:

<https://www.beateatingdisorders.org.uk/>

Helpline: 0808 801 0677

Youthline: 0808 801 0711

Studentline: 0808 801 0811

# Victim First

# Menu of Support

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## Emotional Support

Caseworkers are trained to listen, to empathise and to recognise the emotional impact that crime can have on a victim. Someone to talk to face to face (home visits or community visits), over the phone. We would provide information and advice on your specific circumstances.

## Access to Specialist Support

We can either signpost you to an appropriate organisation or make a direct referral with your consent. We will always offer follow up support to ensure you do not feel you are being passed from person to person.

## Restorative Justice

We have restorative justice specialists as part of our team, who can explore giving you the opportunity to communicate with the person who has offended against you.

## Mental Health Support

We have access to mental health nurses to ensure specialist support is given around your mental wellbeing.

## Crime Prevention Measures

Direct access to target hardening service who provide crime prevention assessment and measures within 48 hours of referral.

## Advocacy

We can communicate on your behalf to help you to access services you are entitled to e.g. seeking support from local housing authority.

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