

# How do you spot the signs of mental ill health in children and young people?



Here are some key questions to keep in mind in your work with children and young people. They all sit beneath the most important question:

## Has there been a notable shift in their mood, behaviour or appearance?

### Mood

- Does their mood seem persistently lower than normal?
- Do they seem distracted or restless?
- Do they seem unusually anxious?
- Do they seem overwhelmed?
- Do they seem angry?
- Do they seem upset?
- Do they seem lethargic or apathetic?
- Do their moods seem to be constantly changing?

- Are they struggling to concentrate?
- Are they acting irritable or short tempered?
- Are they avoiding activities they normally enjoy?
- Are they less interested in things that normally interest them?
- Are they reluctant to speak?
- Are they finding it difficult to make choices?
- Are they presenting unusually non-compliant or defiant behaviour?
- Are they physically or verbally aggressive to others?
- Are they withdrawing and spending less time with friends?
- Are they expressing low self-esteem or the idea that they are 'worthless'?
- Are they refusing to accept praise?
- Are they frequently daydreaming?
- Are they restless or over-active?
- Are they struggling to function well in day-to-day school life?

### Behaviour

### Appearance

- Are they frequently teary?
- Have they lost or gained weight?
- Do they seem more tired than usual?
- Do they seem to be neglecting their personal presentation?
- Does their body language seem unusually closed?

# Mental Health Guide

**Michael Rajnik**



## **Mental Health Guide:**

This book delves into Mental Health Guide. Mental Health Guide is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Mental Health Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Mental Health Guide
- Chapter 2: Essential Elements of Mental Health Guide
- Chapter 3: Mental Health Guide in Everyday Life
- Chapter 4: Mental Health Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Mental Health Guide. This chapter will explore what Mental Health Guide is, why Mental Health Guide is vital, and how to effectively learn about Mental Health Guide.
3. In chapter 2, the author will delve into the foundational concepts of Mental Health Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Mental Health Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Mental Health Guide in daily life. The third chapter will showcase real-world examples of how Mental Health Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Mental Health Guide in specific contexts. This chapter will explore how Mental Health Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Mental Health Guide. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Mental Health Guide.

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