

OpenLearn Free Course Trailer:

Introduction to adolescent mental health

Contributor's name:

Young people's mental health and wellbeing is at risk. This is what we know.

One in six suffer from a mental health problem.

50% of mental health problems begin by the age of 14.

75% of young people with a mental health problem are not getting the help and support they need.

Recognising that a young person is struggling with their mental health may not be easy to identify.

Many young people may attempt to hide how they are feeling, and some don't know where or how to get the help they need.

Research indicates that providing early support can significantly enhance the resolution of mental health problems.

Studies show that resilience is a key skill that can be developed in young people and can positively impact on their longer-term mental health and wellbeing. The course will help you to understand resilience and explain how to support young people to develop greater resilience and self-reliant behaviours.

The course aims to provide you with the tools to spot early warning signs of mental health issues such as anxiety and depression.

It will also explore different approaches to these common issues, by looking at ways to identify a young person who is struggling and consider how they can access support.

You will even hear from young people themselves, talking about their own experiences as well as people who have supported a young person through their mental health journey.

You will be introduced to lots of ideas about mental health, but the most important thing you can take away from this course is to listen carefully to the young people you are looking out for.

The aim is to generate better knowledge and so we can support one another and achieve positive, more sustainable mental health for young people.