

Energiser

Myths and Facts Quiz

Stigma and Discrimination

What percentage of young people use derogatory language such as 'psycho', 'nutter' and 'loony' in relation to mental health?

- A 12% B 25% C 61% D 85%

(C 61% admitted to using this sort of language)

What percentage of young people wouldn't want someone else to know if they had a mental health problem?

- A 10% B 25% C 35% D 55%

(D 55%)

Key Fact – young people are more likely to have ill-informed or discriminatory attitudes to mental health than the general public. Such attitudes among children and young people therefore need to be actively challenged. The Healthy Schools criteria for emotional health and wellbeing now requires action by schools in this area.

Prevalence

What proportion of young people between 5-15 have a mental health problem serious enough to require medical help?

- A 5% B 10% C 20% D 25%

(B 10%)

What percentage of children have attention or hyperactivity problems?

- A 0.5-1% B 2-4% C 5-10% D 10-12%

(A 0.5-1%)

Mental Health Problems

Which of the following is not a common indicator of anxiety in a child or young person?

- A panic attacks B school refusal C clinginess D boisterous behaviour

(D boisterous behaviour)

Which of the following is NOT a feature of depression in children and young people?

- A fatigue B poor concentration C aggression D irritability

(they all are)

Info and Sources

Mental Health Foundation Website

What about mental health problems among children and young people?

- One in ten children between the ages of one and 15 has a mental health disorder
 - The Office for National Statistics Mental health in children and young people in Great Britain (2005)
- Estimates vary, but research suggests that 20% of children have a mental health problem in any given year, and about 10% at any one time.
 - Lifetime Impacts: Childhood and Adolescent Mental Health, Understanding The Lifetime Impacts, Mental Health Foundation (2005)
- Rates of mental health problems among children increase as they reach adolescence. Disorders affect 10.4% of boys aged 5-10, rising to 12.8% of boys aged 11-15, and 5.9% of girls aged 5-10, rising to 9.65% of girls aged 11-15
 - Mental Disorder More Common In Boys, [National Statistics Online](#) (2004)

Module 3 Supporting Information – CAMHS (Staffs) Tier One Training Pack

MindOut for Mental Health Change Your Mindset Activity Pack

Promoting Children's Mental Health within Early Years and School Settings, DfEE 2001