



MENTAL HEALTH

for

Children and Teens

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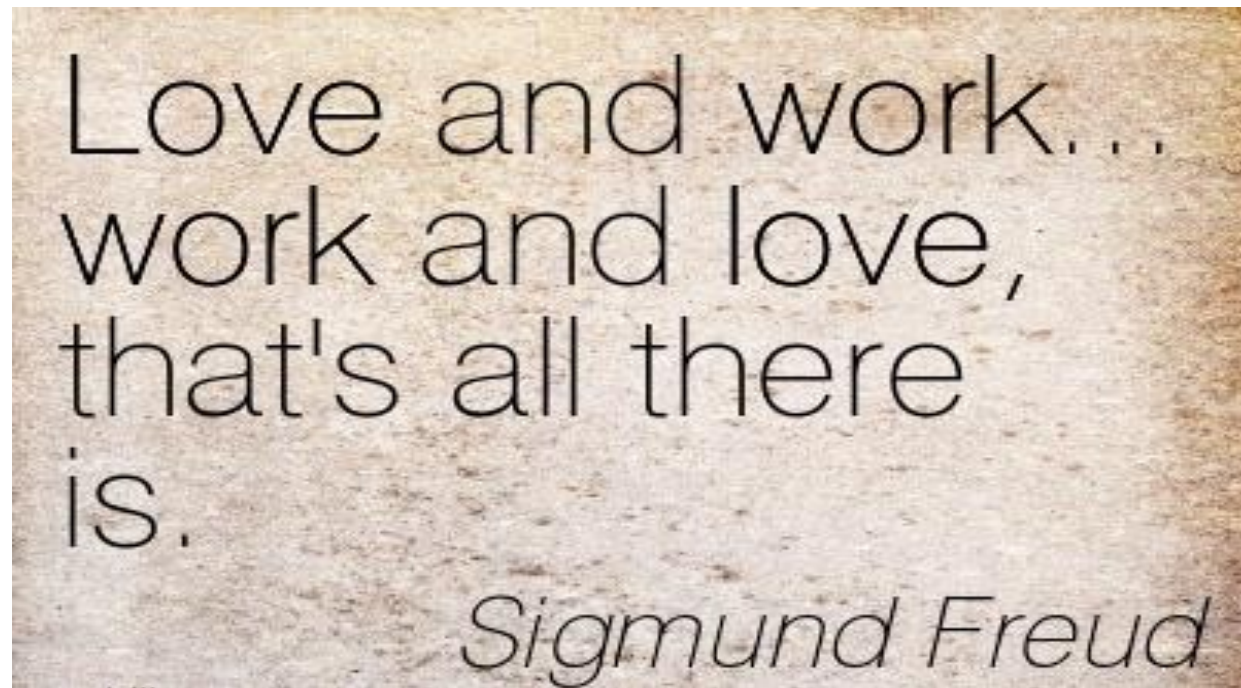
What is MENTAL HEALTH ???

- ▶ The dictionary definition of mental health is: ‘The psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment.’



What is MENTAL HEALTH ???

- ▶ Sigmund Freud's definition of health is having the capacity to work and to love. This is widely accepted by mental health specialists as a simple and accurate definition.



What is MENTAL HEALTH ???

- ▶ Mental health can be interpreted as the capacity to perceive reality objectively, to be open to new situations and challenges.



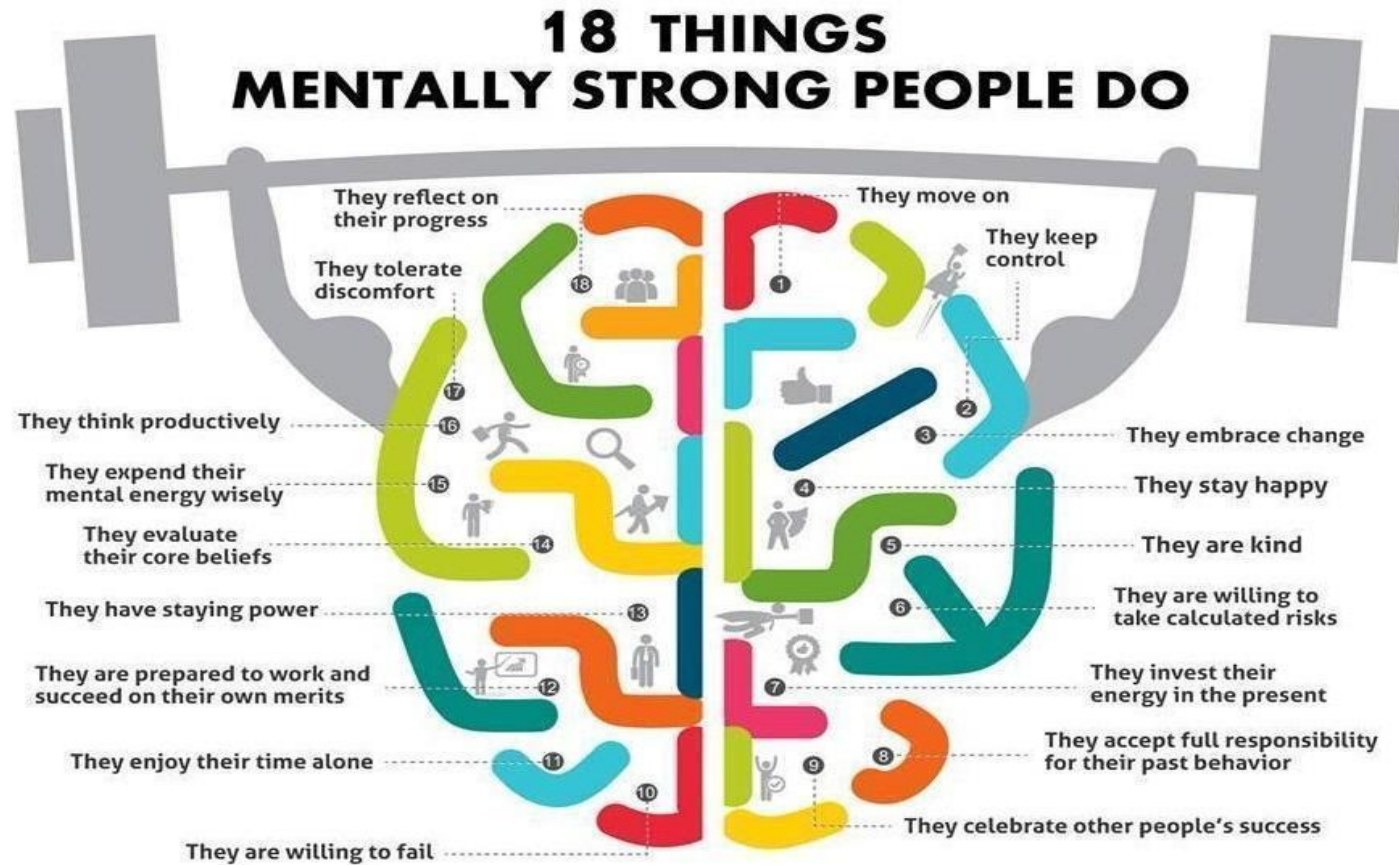
What is MENTAL HEALTH ???

- ▶ Mental health means having the ability to think about ourselves and interpret the world around us in a way that is deemed acceptable and functional by society.



What is MENTAL HEALTH ???

- ▶ it isn't just the absence of any mental health problems.



MENTAL HEALTH Problem among Children and Teens...its warning signs and symptoms...

1. Poor grades/ decline in school performance sometimes even with strong effort
2. Missing school/ refusal to go to school or to take part in normal children's activities
3. Withdrawal from relationships
4. Persistent Disobedience
5. Marked Aggression / Aggressive Behavior
6. Frequent tantrums
7. Anxiety
8. Shyness

MENTAL HEALTH Problem among Children and Teens...its warning signs and symptoms...

9. Unusual mannerism
10. Persistent Nightmares
11. Marked changes in sleeping habit/ pattern
12. Marked changes in eating habit /pattern
13. Mood Problems (Irritability, anger, extreme sadness and fluctuation of mood)
14. Conduct Disorder (Behavioral Problem)
15. Attention Deficiency and Hyper Activity Disorder
16. Suicidal Thoughts/Ideation or feeling hopeless
(2nd leading Cause of Death among 15 to 19 years of age next to unintentional injury/accidents)

MENTAL HEALTH Problem among Children and Teens...its warning signs and symptoms...

17. Depression and Bipolar Disorder
18. Substance Use (smoking, alcohol intake and drug use)
19. Many physical complaints that doctors can't find a cause for
(such as headaches or stomach aches)
20. Any unusual or changes in children's behaviors (gestures, reactions, expressions)

So how can OUR CHILDREN be FREE from
Mental Health Problems and have GOOD
MENTAL HEALTH?

- ▶ CHILD's Mental Health and Physical Health are both important.....
- ▶ For Physical Health:
 - every child should be provided by nutritious food, clothes, shelter, healthy living environment, getting enough rest and sleep, immunizations and everything that will make a CHILD free from all physical illnesses.

- Children needs the following to have GOOD MENTAL Health:

Unconditional LOVE from the Family

Children need to know that they are loved not depending on their accomplishments. Mistakes and/or defeats should be accepted. Confidence grows in a home that is full of unconditional love and affection.

- Children needs the following to have GOOD MENTAL Health:

Nurture Self Confidence and Self Esteem among our Children

Encourage them to learn new things, explore and learn about their surroundings. Be active participant in their activities. Parents attention help them build self confidence and self-esteem.

For young children, set realistic goals by matching their ambitions with their abilities

Avoid sarcastic remarks, if a child fails or loses a game, ask them what they feel about the situation. They might be discouraged, children need a talk and parents can offer an assurance and encouragement.

Try to be honest to our children, let them know that we parents/adults make mistakes but we are also striving to do our best.

- Children needs the following to have GOOD MENTAL Health:

Quality Time/ Play Time

Playtime helps our children to be creative, learn- problem solving skills as well as self control.

Children need playmates, by playing with others they can discover their strength and weaknesses, learn to get along with others and feel the sense of belongingness.

Parents can be good playmates, moments of sharing ideas and thoughts. Chance of asking children how their day went.

- Children needs the following to have GOOD MENTAL Health:

Appropriate Guidance and Discipline (Not to Control the CHILD but for them to learn SELF-CONTROL)

As family member, children need to learn rules of the family.

Parents should be fair and consistent with their guidance and discipline. Children will learn these social skills and rules of conduct that they will use in school and even in their future workplace.

Parents should set a good example. Be a good role models. Let them see how parents discuss and respect one's opinion.

Criticize the wrong behavior not the CHILD. (That was a bad thing you did/ That's was a bad word you said. NOT You are a bad boy/girl...)

When parents lose temper for a time or commit mistakes, APOLOGIZE or admit we've done wrong.

Avoid nagging, threats and bribery.

- Children needs the following to have GOOD MENTAL Health:

Safe and Secure surrounding

Fear and anxiety grow out of experiences of our children and even to us that we sometimes do not understand.

These will not go away and affect their behavior. Find out what is frightening them. Give them reassurance, love and patience.

- Children needs the following to have GOOD MENTAL Health:
 - Healthy Lifestyle
 - Always take children's concerns and worries seriously
 - Help them face stress and cope with it in positive ways
 - Parents need to be aware of the stress levels at home and work
 - Have appropriate expectations
 - Teach your children to reach out to others when they need help and support
 - Encouraging Support from Parents, Caregiver, Teachers

PHILIPPINE MENTAL HEALTH BILL

*MENTAL HEALTH
in now a RIGHT,
no longer a Privilege....*

******Recently signed IRR*

***GOOD MENTAL HEALTH
ALLOWS CHILDREN and
TEENS to THINK CLEARLY,
DEVELOP SOCIALLY and
LEARN NEW SKILLS***

THANK YOU VERY MUCH.....
GOD BLESS US ALL.....