



GROWING MINDS:

Exploring the Basics of Child & Adolescent Mental Health

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS WEBINAR:

Mental health difficulties in children and adolescents are not always easy to recognize.

Changes in mood, behavior or functioning can be subtle, and young people may not always have the words, or feel ready, to express what they are experiencing.

Globally, 1 in 7 adolescents aged 10–19 experiences a mental health condition, with anxiety, depression and behavioral disorders among the leading causes of illness and disability in this age group. Just as with physical health, recognizing concerns early and accessing the right support can make an important difference. For parents and caregivers, understanding what mental health looks like across childhood and adolescence can help distinguish between the expected ups and downs of growing up and signs that a young person may be struggling.

JOIN US TO LEARN:

- What mental health really looks like, and knowing which risk factors contribute to young people developing mental health difficulties.
- Understand the impact of mental health difficulties on child & adolescent development.
- The warning signs that a young person may be struggling, as well as being able to differentiate between depression vs. sadness, or anxiety vs. normal worry.
- How to provide empathy and support to a young person who is struggling emotionally.
- Additional resources to safeguard your child's or adolescent's wellbeing when it comes to their mental health.

