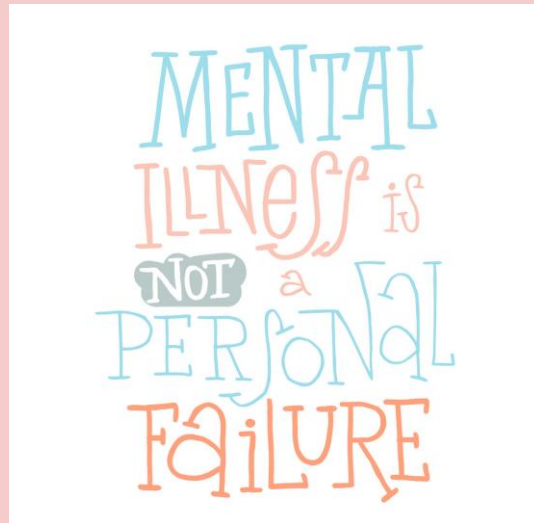


First Aid Fortnight – Mental Health



What is mental health?

Mental health refers to our thoughts and feelings, and our ability to cope with challenges and difficult situations in our life.

Did you know?

- **20%** of adolescents may experience a mental health problem in any given year.
- **50%** of mental health problems are established by age 14 and **75%** by age 24.
- **10%** of children and young people (aged 5-16 years) have a clinically diagnosable mental health problem, yet **70%** of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.

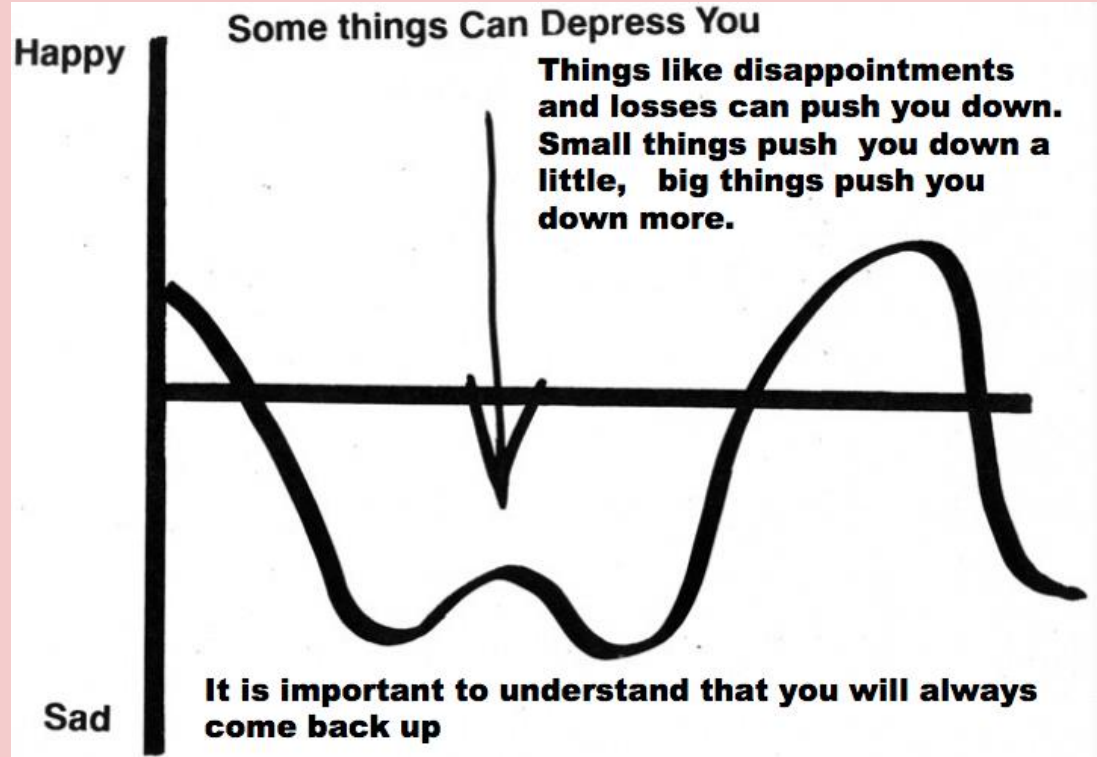
In your head, think about your answers to these questions.

Have you ever felt overwhelmed?

Have you ever felt like a challenge was too big to overcome?

Have you ever felt sad?

Has something bad happened that has made life difficult?



RESILIENCE

LEARNING RESOURCES FOR DEAL

The logo for Samaritans, featuring the word "SAMARITANS" in white, bold, uppercase letters inside a white oval. The oval is set against a dark orange background that is part of a stylized ribbon graphic.

SAMARITANS

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Share your TOP TIPS on our
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THE CAMDEN
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Friday News



RED FOOD SALE!

On Friday 14th

