Ireland and Youth Mental Health

Betsy Aidinyantz

léargas

Erasmus+

Escape to Well-Being

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Introduction

This presentation aims to introduce the mental health of youth situation in Ireland post pandemic and wars and in general, discuss what is available to youth for mental well-being, how to engage youth in projects and activities which promote and improve well-being and how and where to find these



The Situation

Study Findings by Royal College of Surgeons

- Mental disorders
- Lifetime mental disorders
- Anxiety disorders
- Lifetime anxiety disorders
- Mood disorders
- Psychotic Disorders
- Self Harm
- Alcohol abuse

WHAT IS AVAILABLE

The Republic of Ireland has developed a number of services to help young people who are experiencing mental health issues

Services

Jigsaw

Online and in person one to one chat with a clinician for 12 to 25 YOs

Childline

Listening service up to age of 18

belongto.org

Support, information and groups for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland, their parents and carers, and other professionals.

spunout.ie

Free text to advisors

spunout is Ireland's youth information website created by young people, for young people. Articles and information for young people on many topics, including mental health.

What else is available

- Your GP can provide support directly or refer you to HSE community mental health team. The HSE provide community mental health services for all ages and services including **child and adolescent mental health services, adult mental health services, and psychiatry of later life services**.
- The ISPCC operates Teenline, a national active listening service for children and young people up to the age of 18 in Ireland. Teenline can be contacted 24 hours a day, 365 days a year, by calling **1800 833 634**. The service is free to contact and is confidential, non-directive and non-judgmental.

What else is available

- **CAMHS have three levels of referrals**: Emergency referral is when there is a significant risk to the young person's safety, such as suicide attempt, significant self-harm or a severe eating disorder. These referrals will be prioritised and seen quickly.
- Jigsaw understands and supports Yps mental health. Both online and in our services around the country, advice and support is made available to young people aged 12–25 years-old. We give families, educators, and those who support young people's mental health ways to cope and the skills to be there for young people.

What else is available -Policy

- National Youth Council of Ireland Policy Proposal
- NYCI calls on the Government to ensure effective implementation of "Connecting for Life", Ireland's National Strategy to Reduce Suicide 2015-2020
- Mental health continues to emerge as a very important issue in consultations with young people. NYCI supports the provision of both universal and targeted measures to promote positive mental health among young people alongside the provision of services for young people with mental health difficulties. NYCI through the National Youth Health Programme delivers the ASIST programme which trains those working with young people to become more ready, willing and able to help those at risk of suicide.
- Excellent work has been undertaken by a range of organisations to address the stigma surrounding mental health difficulties and to support young people to reach out for help when in need. However much more needs to be done to support young people and reduce the incidences of self-harm, suicidal attempts and death by suicide. Findings from research by the Royal College of Surgeons demonstrated that by the age of 13 years, 1 in 3 young people in Ireland are likely to have experienced some type of mental health difficulty. By the age of 24 years, that rate had increased to over 1 in 2. Of particular concern is the fact that the suicide rate for young people aged 15-19 years is the fourth highest in the EU.
- We welcome the recent publication of "Connecting for Life", Ireland's National Strategy to Reduce Suicide 2015-2020. However to be effective this strategy will require political leadership, inter-organisational coordination and cooperation and sufficient resources. It is vital that the next Government ensure all these elements are in place over the next five years if we are to reduce self-harm, suicidal behaviour and death by suicide.
- Connecting for Life, Ireland's National Strategy to reduce Suicide 2015-2020
- http://health.gov.ie/wp-content/uploads/2015/06/Connecting-for-Life_LR.pdf
- An integrated approach to youth mental health, March 2015
- https://www.youth.ie/nyci/integrated-approach-youth-mental-health
- National Office for Suicide Prevention
- http://www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP

How the Irish Engage Youth

- https://www.youth.ie/wp-content/uploads/2016/01/youngvoices2015final.pdf

- https://www.youth.ie/wp-content/uploads/2014/11/YoungVoicesReport_2014.pdf

Summary

It would be correct to say that Ireland is doing much work to help young people with perceived mental health issues.

The situation worsened during the pandemic due to loss of jobs, home schooling, isolation and loneliness.

However, help is out there and young people have access to it.



thank you

mirjam nilsson

mirjam@contoso.com

www.contoso.com