

Headline: Mental health matters more

By: Anna and Jess

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Mental health and stability is a very important factor in a person's everyday life. Social skills, behavioural skills, and someone's way of thinking are just some of the things that the human brain develops at an early age. However, there are some people out there who have difficulty with these kinds of skills and behaving like an average person. This is most likely the cause of having a mental illness. A mental illness consists of a wide range of conditions that affect a person's mood, thinking, and behaviour.

The most common mental illnesses in children include ADHD, anxiety disorder and depression in older children and teens. Having a mental illness at a younger age is much different from having one in your thirties. Children's brains are still developing and will continue to develop until around the age of twenty-five.

Many schools help with mental health. For example Whitecross high school help with mental health by introducing 'counselling services, peer listeners, a student service team including a family support worker as well as an academy pastoral team', according to Head Teacher, Mr Knapp. These types of groups help people with mental health because it helps them open up and talk about how they feel, helps them get better and gives them the treatment they need to have a better future.

We interviewed Mr Knapp, the Head Teacher of Whitecross high school. We asked him what advice you would give to those who suffer with mental health. He said, "Talk to someone, who you feel comfortable sharing your feelings with." We also asked if mental health changes the school environment in any way and he replied with "Yes! We work hard at providing a safe and supportive environment to young people. We are very aware that life today can be very tough for young people."