Mental health difficulties in young people are high and continue to be a growing issue. We need to understand the changing contexts that help explain the increases in emotional difficulties.

In 2017, 12.8% of 5-19 year olds have one mental health disorder and 5% have at least two.

**Emotional** 8.1%

**Behavioural** 4.6%

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hyperactivity</td>
<td>1.6%</td>
</tr>
<tr>
<td>ASD</td>
<td>1.2%</td>
</tr>
<tr>
<td>Tics</td>
<td>0.8%</td>
</tr>
<tr>
<td>Eating</td>
<td>0.4%</td>
</tr>
</tbody>
</table>

A school’s composition and climate are both associated independently with children’s mental health.

School climate is a larger determinant compared to composition which makes it a great universal target for improving mental health outcomes.

A school’s composition is not easily changed **BUT school’s climate is malleable**

**Protective and Risk Factors: Children’s mental illness and wellbeing at age 11**

Findings from the Millenium Cohort Study

This gives certain children in certain contexts the potential to be more vulnerable to mental health issues.

Schools may either adopt a whole school or more targeted, individual approach to mental health.

**Interventions may include:**

- Interpersonal skills training, conflict resolution
- Anger management, emotion regulation
- Art, drama, music
- Sports
- Leaflets, web information
- Buddy systems
- Behaviour management (swap desks depending on behaviour)
- Snooze room, quiet space, time out area
- Drama room, play ground
- Counselling with professional
- Anti smoking, substance abuse