



**WEBINAR 5**  
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**WELCOME!**



# Talking to Young Parents About their Mental Health

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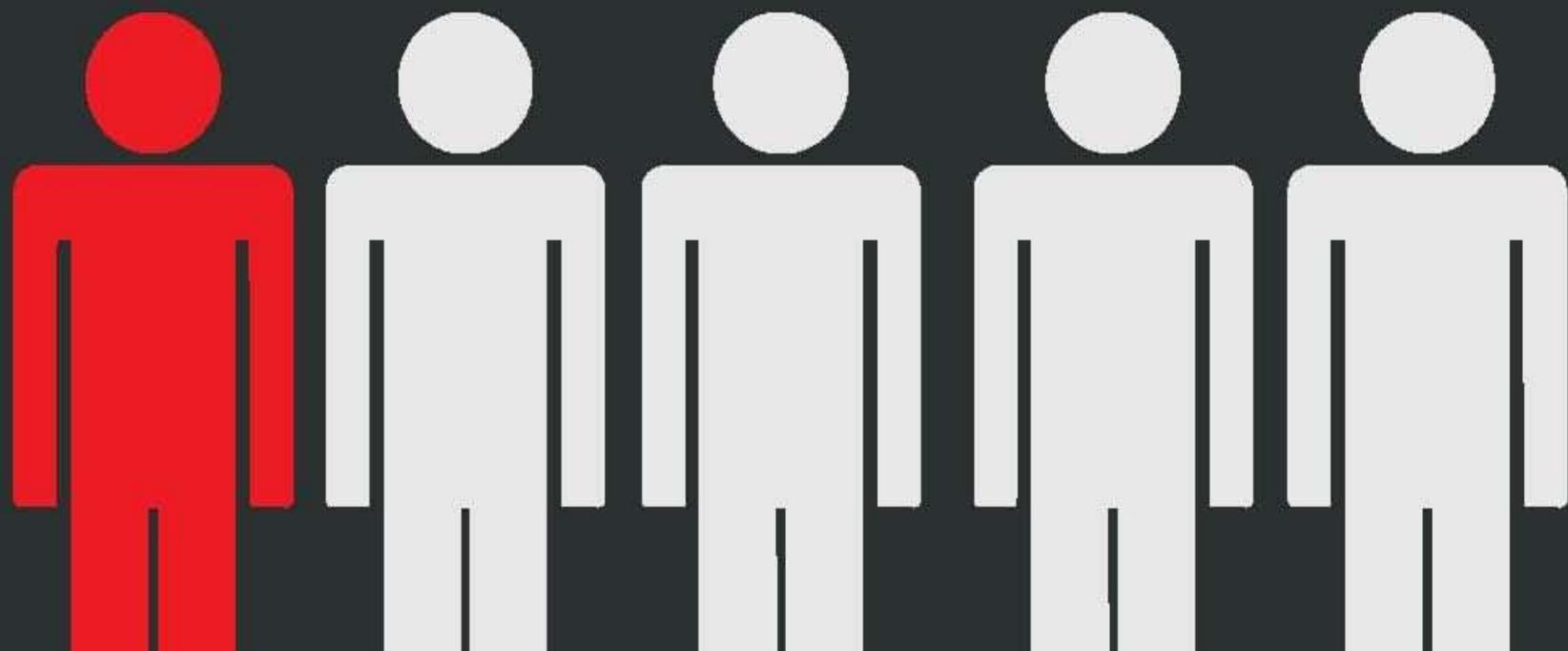
# Mental health statistics: family and parenting (UK)

Starting a family is a milestone in many people's lives. It can also be a stressful time and many parents experience mental ill health. Mental ill health of parents can have a negative impact on the development of their children. But this is not always the case.

- Approximately 68% of women and 57% of men with mental health problems are parents.<sup>1</sup>
- The most common mental health problems experienced during pregnancy and after birth are anxiety, depression and post-traumatic stress disorder (PTSD).
- Women experiencing maternal mental health problems:<sup>3</sup>
  - Postpartum psychosis: 2 per 1,000
  - Serious mental ill health: 2 per 1,000
  - Severe depressive illness: 30 per 1,000
  - Mild-moderate depressive illness and anxiety states: 100-150 per 1,000
  - PTSD: 30 per 1,000
  - Adjustment disorders and distress: 150-300 per 1,000.



**1** OUT OF **5** HAVE A mental health issue  
EVERY YOUNG PEOPLE



# Mental Health Conditions in Teenage Mums

Teen moms might face a number of mental health conditions related to childbirth and being a new mom. Examples of these conditions include:

- **Baby blues:** The “baby blues” are when a woman experiences symptoms for one to two weeks after giving birth. These symptoms include mood swings, anxiety, sadness, overwhelm, difficulty concentrating, trouble eating, and difficulty sleeping.
- **Depression:** Being a teen mom is a risk factor for depression. If a mom has a baby before 37 weeks or experiences complications, depression risks can increase.
- **Postpartum depression:** Postpartum depression involves more severe and significant symptoms than baby blues. Teen moms are twice as likely to experience postpartum depression as their adult counterparts. Women sometimes mistake postpartum depression for the baby blues. Baby blues symptoms will go away after a few weeks. Depression symptoms won't.

# Risk Factors for Mental Health Concerns

Teenage mothers are more likely to fall in demographic categories that make the risk of [mental illness](#) higher. These risk factors include:

- having parents with low education levels
- a history of child abuse
- limited social networks
- living in chaotic and unstable home environments
- living in low-income communities

In addition to these factors, teenage mothers are more likely to experience significant levels of stress that can increase risk for mental health disorders.

We must also consider the impact on their...

- Finances – greater risk of living in poverty
- Physical Health
- Child

# What is stopping young parents talking?!

Will my baby be taken away if I have a serious mental health issue?

Social services will never take a baby into care just because the mother has a mental health problem.

Talk openly to young parents in a safe and confidential space

Explore peer support locally – connect with other parents

Direct/hand hold to additional support if needed

Explore the adjustment to parenthood

**EARLY  
INTERVENTION  
IS KEY**

Build confidence and self-esteem to help them become a confident team

Highlight and discuss all their protective factors that mitigate or eliminate risk

[Parenting with a mental health problem |  
Talking about mental health - Episode 14 - Bing  
video](#)

# CRUISE Model (e.g. GPs)

**Communicate**



**Respect**



**Understand**



**Involve**



**Support**



**Educate**



# When a young person shares their feelings..

Let the conversation flow

Ask opened ended questions

Acknowledge their feelings

Don't jump in with advice

Keep your reactions in check

Not sure what to say – do your research

Be respectful of privacy

Communicate in different ways

Improve their confidence

Discuss who and what you can share

Always be an attentive listener

Remind them that they are not alone

## time to change

let's end mental health discrimination

**"Put yourself in their shoes and walk a couple of miles in them"**



70% of young people who have experienced a mental health problem say they've had negative reactions from friends.

**"You can't appreciate a book just from the blurb."**

1 in 10 young people will experience a mental health problem. That's 3 in the average classroom.

**"Problems with mental health are hard enough. Being judged makes it harder."**

1 in 4 young people with a mental health problem say negative reactions from others had made them want to give up on life.

**"We all have different chapters to our story."**

Mental health problems can affect anyone, no matter what your life's like.

[How to spot the signs of mental illness - Bing video](#)



[Postnatal mental health | Talking about mental health - Episode 13 - Bing video](#)



# Thank you

## Any questions...

### Email

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