

Children and Young People

Mental Health

Mental health problems can affect us all. When living with the symptoms of ADHD, managing and regulating emotions can be all the more difficult and impact our relationships with others. This can affect our self-esteem and how we view our selves and others which in turn can lead to mental health problems such as anxiety and low mood, causing distress and anger problems. Finding a space to discuss these problems without the feeling of being judged or fear of causing distress in those close to us can be difficult. Counselling gives you an opportunity to have a space where difficult feelings and emotions are accepted and you are welcome to be you. This can help change the way you see your-self and the world for the better and help you cope with difficulties in life.

Self Esteem

Having high self esteem generally makes us feel good about our selves and helps us cope with challenges in life. Having ADHD may mean we sometimes feel overwhelmed by our emotions and find ourselves responding impulsively on these. This can sometimes lead to our behaviour being challenging to others. We may also find it difficult to focus our attention on what we need to when we need to and this may impact our learning. Without understanding the impact of ADHD and having support from others we may blame ourselves for our difficulties and made to feel bad about ourselves. Understanding the impact of ADHD helps us understand how we can overcome difficulties we face and may even find its benefits. Feeling more in control and positive about ourselves is good for our mental health.

Anger

Everyone feels anger and this tells us something is wrong. If we respond immediately on the angry feelings this may come out as aggression which can negatively impact our relationships with others. If we bottle up the anger, this can take up a lot effort and make us sad. Being able to acknowledge the feeling and talk about it as a feeling may help us think about what may be causing it and assertively act on it to attend to what is wrong.

Anxiety

We all have anxiety or worry and this is what keeps us safe. This can affect us as feelings of fear and our body may react in panic. The physical reaction to panic can be worrying in itself as it may seem out of our control. Sometimes these reactions to anxiety can become so overwhelming that it stops us from doing the things we want to do, or the things that are important to us to keep our mood up. When we withdraw from these activities, people and places, this can impact our mood and could lead to low mood or depression.

Depression

We do things, go places and see people that make us happy. Sometimes when we have a sad experience we may stop these activities as we feel we may not get the enjoyment from them we once did. We may also take up other behaviours that make us feel sadder such as stay away from

people or have arguments. Even if we don't feel up to it, it may be important to keep the positive activities in our life that are achievable, close with others, and enjoyable.