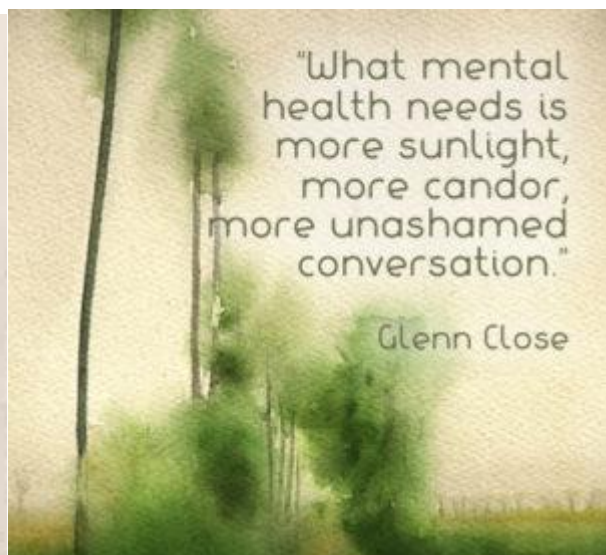
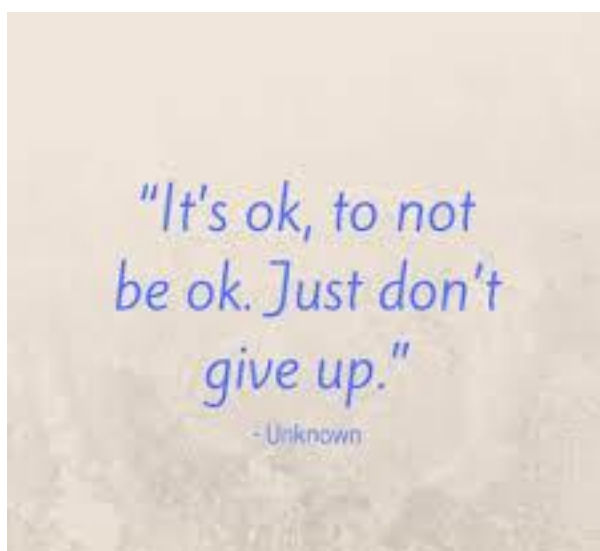


# Dear, adults of the UK

I am writing to you to delve you into a world of mental health for young people and the future of our country. Our country holds some great minds of children and thinking that they would be destroyed to something that could've been prevented easily – and that is why I am writing to you today. Mental health can create a big impact not just on you but the country or worse the world. Along with the crisis of the corona virus (covid-19) mental health is very important to maintain as when your in intense scenarios stress can build on top of what is happening in your private life and everything can escalate extremely fast . Over 10 % of children and young people aged 5 – 16 years have a clinically diagnosable mental problem , yet 70% of children and adolescents (people in their late teens) who experience mental health problems have had not had appropriate interventions at a sufficiently early age . This is mainly because they haven't told anyone about their issue – this most probably will be because they think they have no-one to talk to and if they did they think that the adult will make everything worse . I know all adults will be thinking in their heads you've outlined why mental health is important with young people but how do you help it . First of all to help mental health you must have to recognize problems with it. There are things to know when trying to find out whether or not a child has mental health issues – they are usually spending their time by themselves and when they do talk to people they get agitated really easily and ruin their social

skills and relationships with other people . Sometimes the simplest of things can help a lot – for example talking to them. All of the things you can do to help a child's mental health almost take no effort this can be : eating well , keeping active , having enough sleep and accepting them for who they are . It is important to make sure that the child does this all willingly not forcefully – plus you must be affectionate to them as they will feel like someone cares for them . By doing these your child or someone else's you can be ensured that there will be an immense difference in their behaviour and emotions – they will start working much more productively, cope with stresses of life, realizing their full potentials and start giving meaning contribution to the community and other people. I hope that after reading this letter you will always know what to do in case of fixing a child or young adult's mental health.

Ayaan Muzafar – 11 years





"What mental  
health needs is  
more sunlight,  
more candor,  
more unashamed  
conversation."

Glenn Close

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