

Building
RESILIENCE
in a
Frenetic World





It's estimated that
around **one in**
seven Australian
kids experience
mental health issues
and **about half** of
all serious mental
health issues in
adulthood begin
before the age of 14
(Source: *Beyond Blue*)



CHILDREN AGED 4-17

112,000 (2.8%)
experienced a depressive
disorder in 2015

560,000 (13.9%)
experienced a mental
health condition

278,000 (6.9%)
experienced an anxiety
disorder

*The Mental Health of Children
and Adolescents report*

4000+ calls to
KidsHelpLine every
week

1 in 5 calls to Kids
helpline for counselling
were about mental
health concerns (2015)

Kids HelpLine Insights 2015

What are our kids feeling...?



CREATION was
subjected to
frustration...

CREATION itself will
be liberated from its
bondage to decay...

CREATION has been
groaning as in the
pains of childbirth right
up to the present time.

Romans 8



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5 tips for Teens, Screens and Mental Health



*Self-control

*Manage notifications

*Unplug from devices at night

*Respect age restrictions for social media apps

*Foster family identity

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