

PA Host a Talk on Positive Mental Health for Teenagers



Breda Broderick -Elements Rep, Professor John Sharry & Karin Ennis- PA Chair

The Parents' Association hosted their second talk of the year on Tuesday, the 4th of March. Professor John Sharry presented the topic 'Positive Mental Health for Teenagers'.

Professor Sharry is a social worker and child & family psychotherapist with over 27 years of experience working with individuals, families and organisations.

There was large attendance at this event with many parents keen to hear from Professor Sharry. He spoke candidly about teenage years being very difficult times for our young men. Teenagers are under a huge amount of stress and it is important to remember as parents not to take it personally!

What can we as parents do to help foster positive mental health for our sons?

The primary function as a parent is to stay connected with our teenager, chat to them, try and build a connection, teach responsibility and empower them.



He spoke about building an 'emotional piggy bank' with deposits and withdrawals. We need to manage conflict well and remember to press the pause button and think before we react. As parents the largest element that we can control is to build a warm relationship with our children, but we also need to be a person of authority in their lives.

The talk was informal with plenty of participation from the audience. There were lots of examples and anecdotes which made for a most enjoyable evening. We hope to have another talk by John again in the future as the level

of positive feedback from the evening was overwhelming. Many thanks to everyone for attending and to Breda Broderick and Annmarie Carmody for organising the event.

Should you like further information this can be found John Sharry's web site: www.solutiontalk.ie

We have also compiled a list of web sites and contact numbers where you can access information on other mental health services in Ireland.

www.healthpromotion.ie

www.aware.ie

www.mentalhealthireland.ie

www.yourmentalhealth.ie

National Office for Suicide prevention www.spunout.ie

Child and Adolescent Mental Health Services CAMHS phone 1800 111 888

www2.hse.ie/wellbeing/mental-health/child-and-adolescent-mental-health-services/accessing.html

Samaritans phone (free call) 116 123

Childline 1800 66 66 66, free text Talk to 50101

New Crisis Text line Ireland 086 1800 280. Open 24:7

Click [HERE](#) to access the Amber Flag poster promoting positive mental health was displayed around the College directing students to the many supports that are available both within and outside school.