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AN EVENING WITH JAMES HASKELL

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Newsletter, . . .

This week is **Mental Health Week** so our focus this week is on mental health awareness. But when it comes to mental health, what is that parents need to be aware of ?

Let's start with some facts. Adolescence (spanning 9-24 years) is a time of vulnerability to mental health conditions. The World Health Organisation estimates that half of all psychiatric conditions emerge before the age of 14, 75% by the age of 24. Most of these go undetected and untreated.

÷ As leading clinical psychologist and author, Dr Lucy Foulkes [argues](#), we can become more literate regarding what mental illness really is and isn't. For g s

