

# Preventative Mental Health Strategies

*Gain understanding around mental health, why it's important and how to explore it with your youth*

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YOU INTENDED TO HARM ME, BUT GOD INTENDED IT FOR GOOD TO ACCOMPLISH WHAT IS NOW BEING DONE, THE SAVING OF MANY LIVES. **GENESIS 50:20**

## Key Takeaways

- 1 in 5 youth will be diagnosed with depression by the time they turn 18.
- 1 in 5 youth will be diagnosed with anxiety by the time they turn 19.
- 1 in 3 Māori will experience mental health issues throughout their lifetime.

## Application

### **Refuel your tank**

*Knowing your own triggers and testimony can be helpful for rangatahi facing difficulties.*

### **Know where to go**

*Know the relevant mental health and youth support services you can contact in your area.*

### **Practical coping skills**

*Some basic breathing techniques and talking skills can be helpful in times of distress.*



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