



BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE

#19,3rd Cross, C.S.I. Compound , Mission Road, Bangalore - 560027

Department of Psychology
presents

Mental Health of Children - A Silent Emergence

Live Webinar on Google Meet

<https://meet.google.com/wye-mvra-tnq>



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09.30 - 10.30 am

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During childhood, sound mental health is every bit as important as physical health for achieving developmental milestones. It helps children with their emotional wellbeing and social skills. In addition, mentally healthy children function well at home, in school, and in their communities and have greater chances of leading a happy and successful life.

The COVID-19 pandemic brought a complex array of challenges which had mental health repercussions for everyone, including children and adolescents. It is not unusual for children to experience negative emotions such as fear, disappointment, sadness, anxiety, anger, loss etc. But grief, fear, uncertainty, social isolation, increased screen time, and parental fatigue have negatively affected the mental health of children. Friendships and family support are strong stabilizing forces for children, but the COVID-19 pandemic has also disrupted them. The mental health of millions of children worldwide has been put at risk, with at least one in seven forced to remain at home under nationwide public health orders – or recommendations – during the COVID-19 pandemic.

Mild signs of anxiety, such as difficulty in sleeping or concentrating, have become common. Some children are at greater risk of developing intense reactions, including severe anxiety, depression, and suicidal tendencies. Any pre-existing mental health problem, past traumatic experiences or abuse, family instability, or losing a loved one can make children highly vulnerable to developing severe mental health conditions. Focus and dedication on the mental health and wellbeing of children is just as important as taking precautions against the virus.