

Child Mental Health and Physicians



Dr Harish Shetty

I BELIEVE THAT



EVERY CHILD IS IMPORTANT



ALL CHILDREN ARE EQUAL



EVERY CHILD IS DIFFERENT



EVERY CHILD CAN LEARN



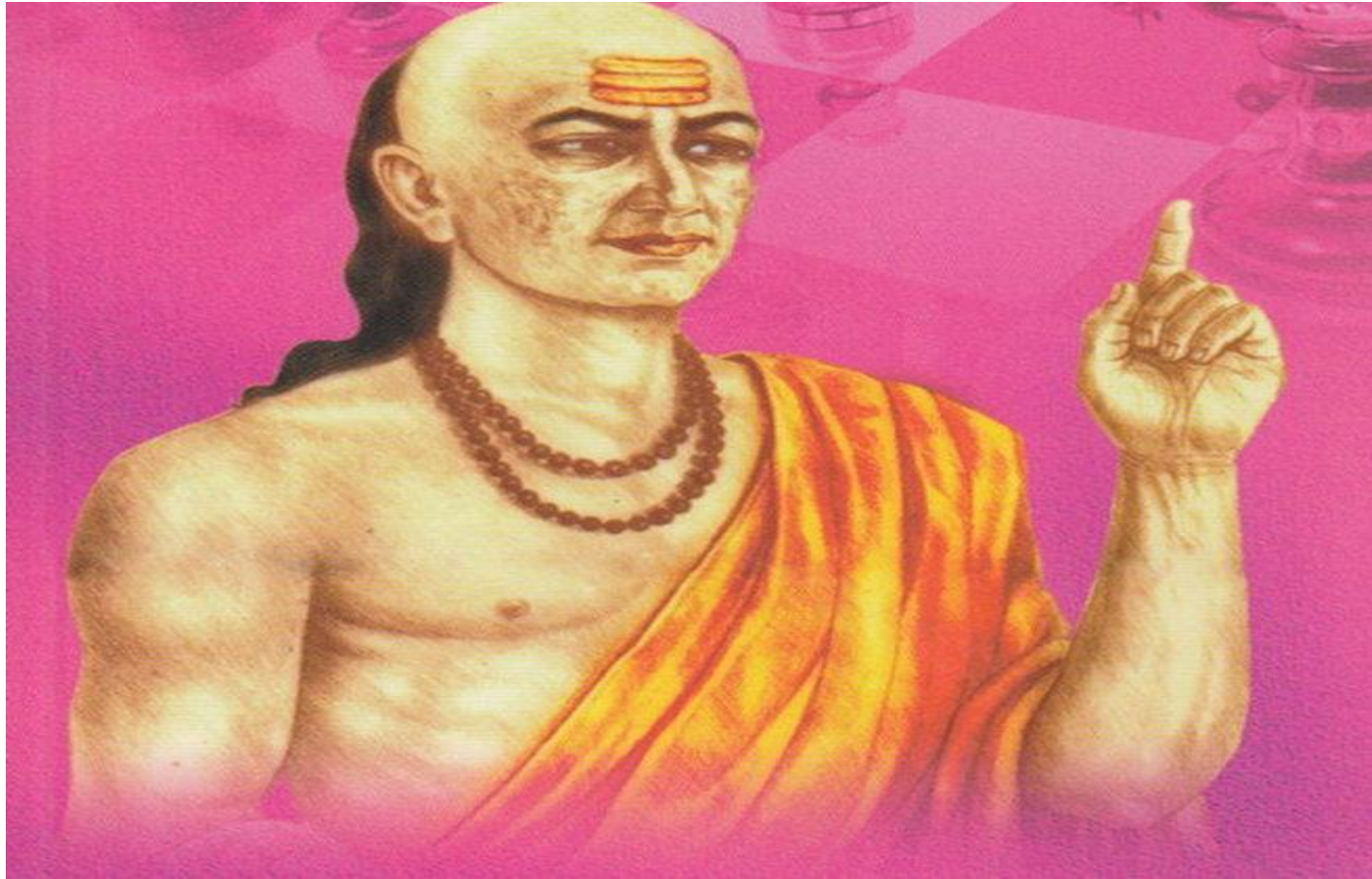
NO CHILD IS BORN A CRIMINAL



TRANSFORMATION IS POSSIBLE IN EVERY CHILD



Simple Gyan



Dr Harish Shetty

RELIGIOUS AMBIENCE



INTELLECTUAL AMBIENCE



FAMILY HYGIENE



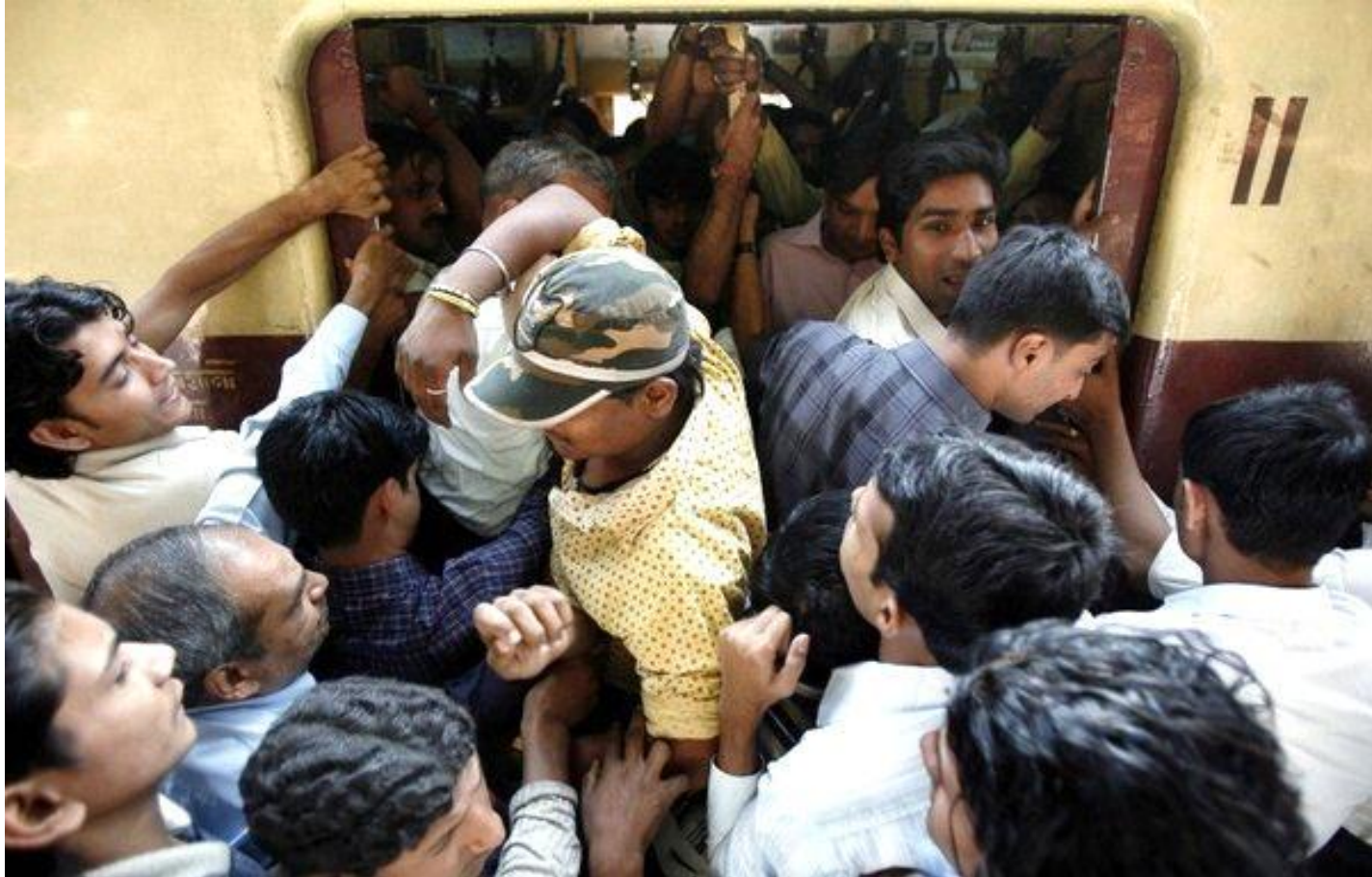
EMOTIONAL AMBIENCE

CORPORAL PUNISHMENT

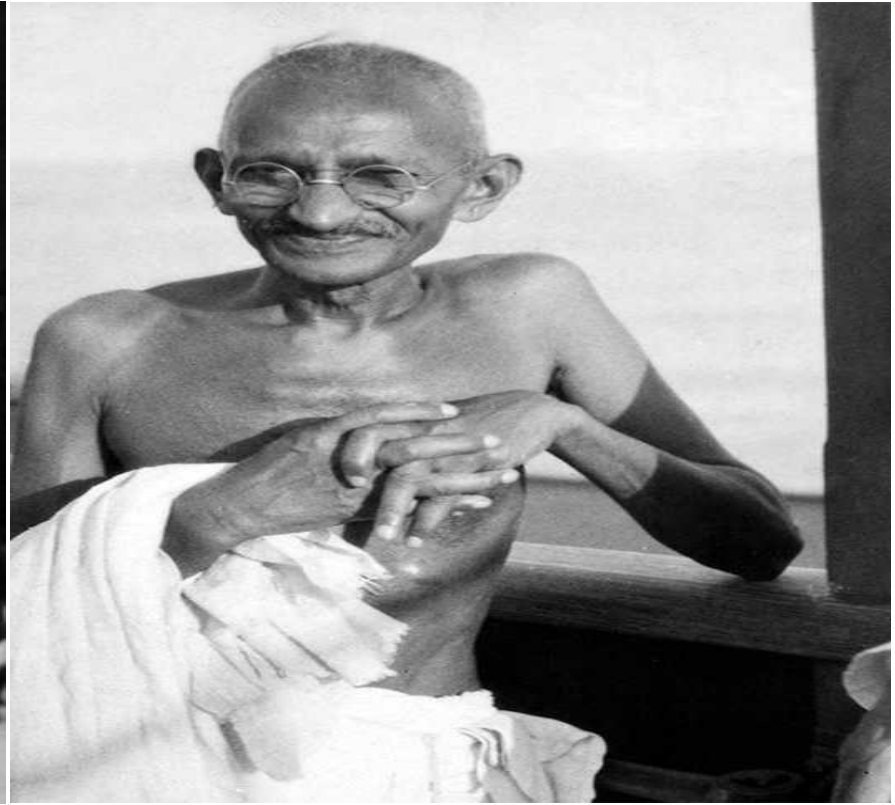


In the past it was **BELIEF**

In the present, it is ANGST & ANGER



Hitting is cheaper, talking goes deeper



Dr Harish Shetty

Lying and Stealing.



**WHEN A CHILD IS WRONG OR
IN DISTRESS , HUG HIM A
LITTLE LONGER AND A LITTLE
STRONGER.**

DR HARISH SHETTY



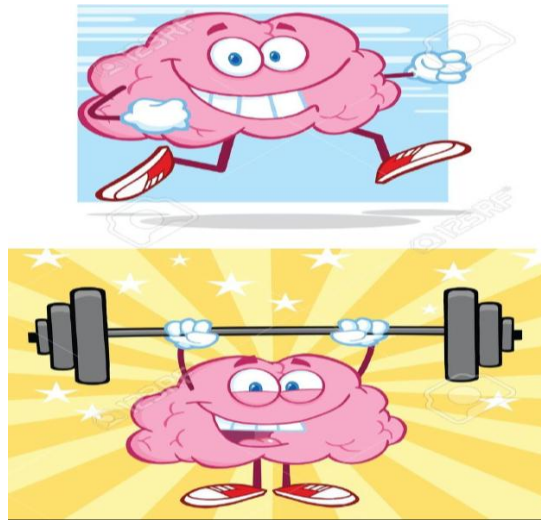
Fiscal Hygiene



FEVER OR FAILURE, DIAGNOSIS IS THE KEY.



MOOD hai toh MEMORY hai,
MEMORY hai toh MARKS hai.



Gadget addiction may lead to

- ❑ Obesity
- ❑ Lack of concentration
- ❑ Aggression
- ❑ Depression
- ❑ Disturbed routine



Play with your hands and legs and not your fingers



Food needs no companion



Bedroom for all cell phones



Never gift a cell phone, always give one



Everything is not about discipline and
indiscipline.



Discipline = appropriate behaviour.



Indiscipline = Inappropriate behaviour.



In schools & families it's not about discipline or indiscipline. It's about appropriate or inappropriate behaviour.

Dr Harish Shetty.

It is not about being BAD, but being SAD



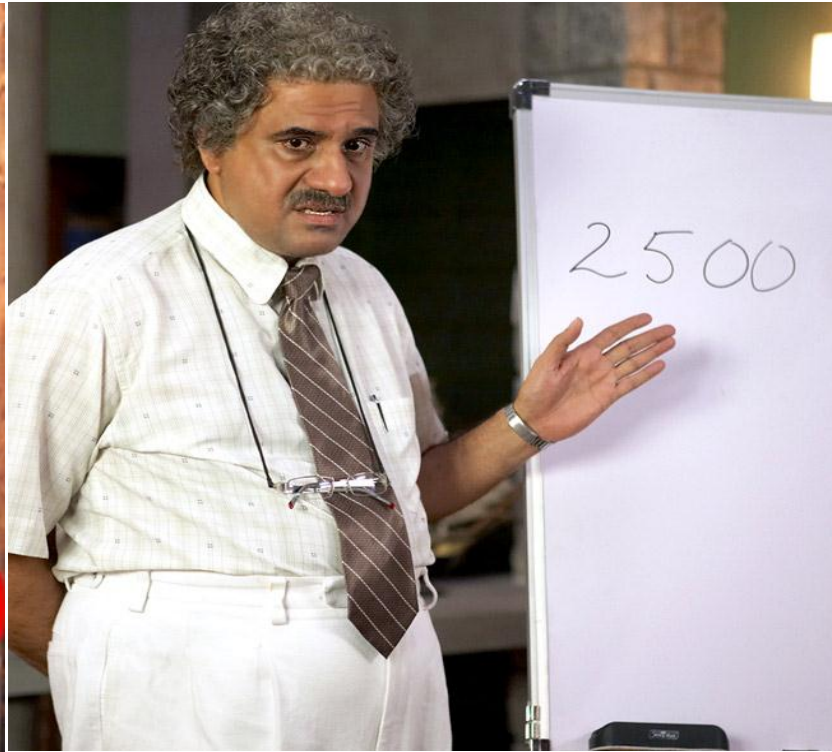
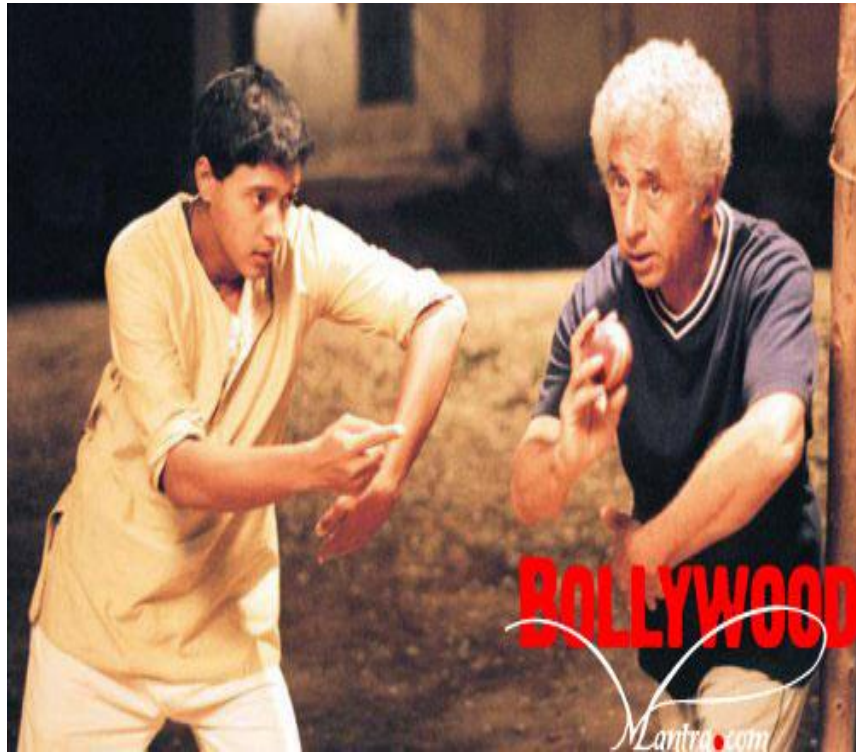
Scare & Inspire



Share & Inspire



Share your stories and not your glories



Instruct / Pravachan



A HEALTHY PARENT IS ALL THAT IS REQUIRED
TO RAISE A NORMAL CHILD.

DR HARISH SHETTY



Psychological exclusion begins before physical exclusion.



Where schools are
SILENT as
GRAVEYARDS,
Children grow up
to be living
CORPSES.

Dr Harish Shetty.



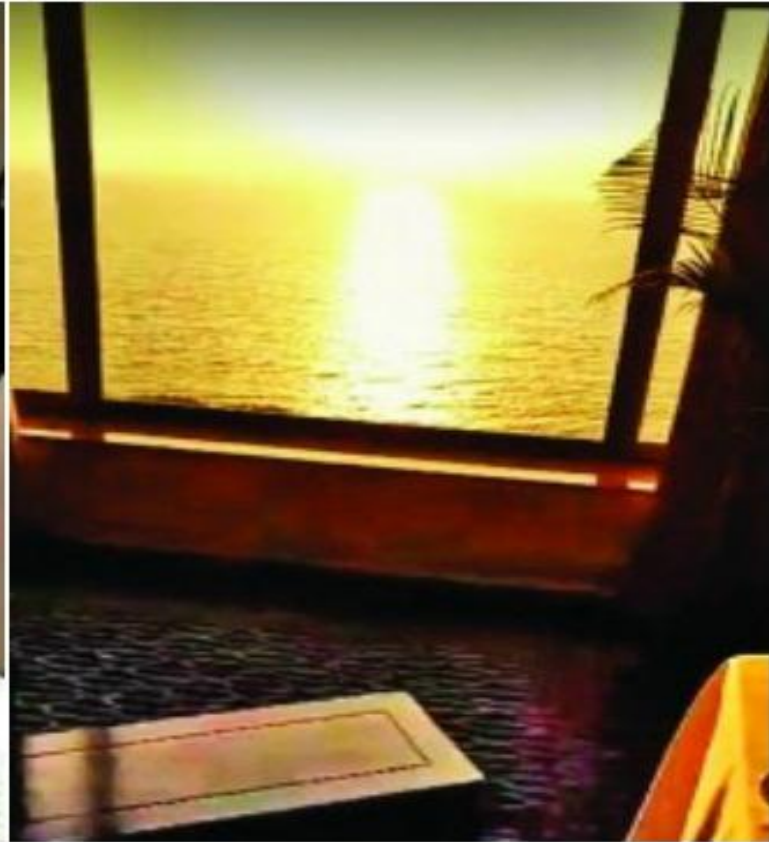
SEPARATION ANXIETY



Insecure kids cling to their mom's or dad.
Spouses, to their partners.
Politicians, to their leaders.

**SUDDEN EXCESSIVE CLINGING MAY
BE A SIGN OF DEPRESSION.**

Look for depression in children.



LEARNING DISABILITY



CHILD SEXUAL ABUSE

DURS CHRADES
85 SEC
29 01 13

SUBSTANCE ABUSE





**Studies are
like water, it
evaporates
when boiled.**

Dr Harish Shetty.

MAHOL AUR MAUKA



ACCEPTANCE

.....

EXPECTATIONS

> 1

Dr Harish Shetty

MORE STUDENTS COMMIT SUICIDE THAN ACTORS.



Parent-Teen Interaction

- ❑ Lucid Period
- ❑ Feeling Phrases
- ❑ Interaction during Crisis

Can we always predict who will or
who will not commit suicide?

Identifying High Risk Kids

- ❑ Depressed and Suicidal
- ❑ Recovering from Mental illness
- ❑ Facing Severe Stress
- ❑ Poor Social Support
- ❑ Disability
- ❑ Poor
- ❑ Mental ill Parents

Warning signs of hidden Suicidal Ideation

- ❑ Evidence of serious mental illness
- ❑ Unable to develop rapport
- ❑ Avoids eye to eye contact during interview
- ❑ Reluctant to answer direct questions about suicidality
- ❑ Responds with 'i dont know' to questions about suicidality
- ❑ Appears despondent or emotionally distant
- ❑ Appears angry or agitated

IF A CHILD...

- ❑ CRIES / CLINGS/ EXCESSIVELY
- ❑ IS SAD/ GLOOMY/ QUIET/ WITHDRAWN/ SLEEPY/
UNCLEAN/
- ❑ SPEAKS ABOUT DEATH,DYING
- ❑ IS RESTLESS/ DISTRACTIBLE/ FIDGETY
- ❑ STEALS/ TELLS LIES
- ❑ AGGRESSIVE/ VIOLENT/ BULLIES KIDS
- ❑ HAS PROBLEMS IN READING / WRITING/ SPELLING/
ARITHMETIC

- ❑ HAS FALLING GRADES
- ❑ CONSUMES ADDICTIVE SUBSTANCES
- ❑ SPEAKS IRRELEVANTLY/ HEARS IMAGINARY VOICES/ TALKS TO SELF/
- ❑ DISPLAYS STRANGE BEHAVIOUR/ WASHES HANDS EXCESSIVELY
- ❑ EATS LESS/ EXCESSIVELY
- ❑ FEELS GIDDY/ APPEARS BLANK/ FALLS UNCONSCIOUS

REFER TO THE COUNSELOR IMMEDIATELY

Common Behavioral Responses

- ❑ Avoidance
- ❑ Rejection
- ❑ Over involvement
- ❑ Over protection
- ❑ In appropriate assumption of a care taking attitude or parental role
- ❑ More will follow

Motivations for Suicide

- ❑ Anger towards others redirected on self
- ❑ A means to escape from suffering
- ❑ I wish to be reunited with loved ones
- ❑ Hopelessness
- ❑ Recent loss
- ❑ Shame or humiliation
- ❑ Manipulation

MISTAKES THAT WE MAKE

- ❑ DENIAL
- ❑ ASTROLOGY, RELIGIOUS PRACTICES AND SUPERSTITION
- ❑ BEING SECRETIVE
- ❑ REFUSING TREATMENT
- ❑ EXTREME EXPRESSED EMOTIONS

Adolescents are interested in rewards rather than consequences



- ❑ Culture Literacy
- ❑ “A” friend or “THE” Friend
- ❑ Acknowledge the analogy
- ❑ Refocus on the album
- ❑ Build Emotional Contact Time (ECT)

When children discover family feuds

- ❑ Respect the sharing
- ❑ Provide support
- ❑ Discover natural coping mechanisms
- ❑ Find allies
- ❑ Keep in touch
- ❑ Treat depression
- ❑ Treat the family

Freedom of expression is sacred , but one should draw a line.



5 Psychological Needs Of Kids

- ❑ Emotional Safety and Security.
- ❑ Physical Safety.
- ❑ Respect.
- ❑ Trust.
- ❑ Love.

6 Experiences Needed In Schools.

- ❑ Experience Learning.
- ❑ Experience Memory.
- ❑ Experience Friendship.
- ❑ Experience Play.
- ❑ Experience Joy.
- ❑ Experience Acceptance.

Soft Touch and Small Talk.

Laptop Computer

