



Independent
Association of
Prep Schools

Q49: Counselling: State of the Nation on Childhood Anxiety: The kids are not alright and neither are we

Date: Friday 1 September 2023

Venue: Online

Cost: TBC

Dr Louise Metcalf explores the prevalence of anxiety in children and associated rates of self-harm and suicide. She references direct links with the evolution of social media and looks at ways to tackle the issue of childhood anxiety at scale helping children to become more resilient.

After years of working with children who have anxiety and then having her own child, Louise realised she had to do something to help kids become more resilient and developed Gheorg the friendly robot app that empowers kids to improve their own emotional resilience and mental wellbeing. Louise has almost 30 years experience working in multiple sectors as a psychologist and has a keen interest in brain health and resilience. Louise has completed a Bachelor degree in Psychology graduating with Honours, a Master degree in Psychology, and a PhD in Science.

Audience: Heads, Pastoral Leaders, Heads of Year, PSHCE Lifeskills teachers, Tutors, School Counsellors

Objectives: Dr Louise will share research which outlines how mental illness for children is increasing. She shares the strain in supportive resources in and outside school. She correlates her research to show how adults are also experiencing more mental illness. Louise will look at the various influencers including the systemic influence of social media. Finally, she will outline ways and means to build resilience in our children and how we can strengthen children's tolerance for difficulties and challenges in their lives.

Course Director: Pippa Gresham, School Counsellor, Tanglin Trust School Singapore

Presenter: Dr Louise Metcalf

Programme:

- 0900** Registration and Introduction
- 0910** Session 1: Mental illness for children is increasing.
- 0940** Session 2: And there is less and less help available.
- 1010** **Break**
- 1020** Session 3: Adults are also experiencing more mental illness.
- 1050** Session 4: Let's talk about the systemic influence of social media.
- 1120** **Break**
- 1130** Session 5: Let's add in other factors and see how they relate.
- 1200** Session 6: Introduction to georg
- 1230** **Conclusion**



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