

# SUMMIT



Summits  
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# CONNECT

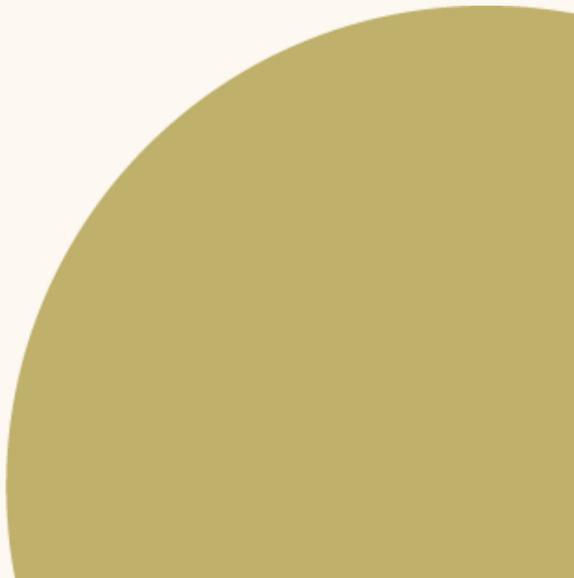
Leading in every season

# YOUTH MENTAL HEALTH MATTERS

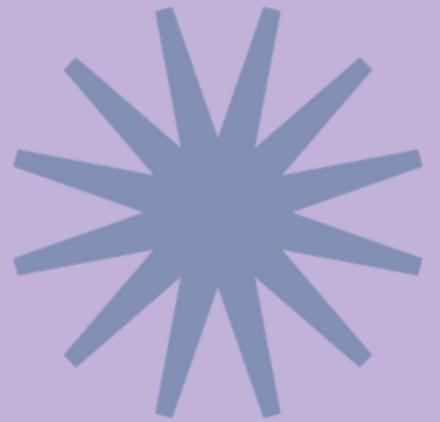


# YOUTH MENTAL HEALTH MATTERS:

Tools to help youth Thrive,  
Not Just Survive

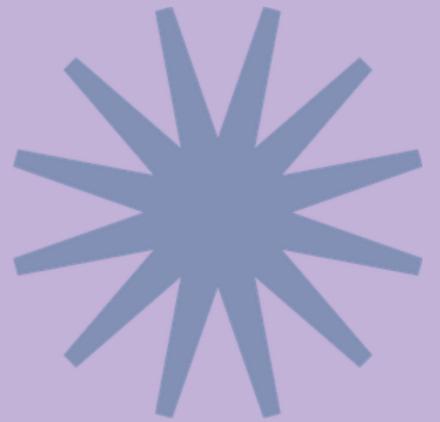


The latest New Zealand Health Survey (2024/25) reveals that 1 in 4–5 young people aged 15–24 are experiencing high or very high levels of psychological distress, and half of this age group have battled symptoms of anxiety or depression in the past year.



If this opens up anything for you I'll stay around for a while afterwards if you want to talk or pray together.

Otherwise, please seek out someone to discuss things with who has some skills and love in the next two days.



## **Aaron – Question One:**

We did this in the earlier workshop, but there may be new people here. So, let's start with the basics. How do you define mental health, or how would you explain the concept of mental health to someone?

## Discussion:

- Does this definition sit right with you?
- How do you define mental health?
- Anything you would add or change?

## **Aaron – Question Two:**

What are some of the mental health situations you are seeing in your youth and young adult community atm?

## Discussion:

- Same question to you. What are you seeing and working with atm?

## Aaron – Question Three:

I thought it would be helpful to hit some specific ones. First, Social Anxiety. Stats for this are now so high, at least 1 in 4 for our youth and young adults, with some studies showing 1 out of every 2 youth struggling with significant anxiety. Mental Health Foundation of NZ, chief exec Shaun Robinson, most commonly describes this as a youth mental health crisis. So, how are you seeing social anxiety in your community, and how are you helping those with this to cope and grow closer to Jesus?

## Discussion:

- Significant concern. What would you add to this that you are doing, or can do, to help those struggling with anxiety?

## **Aaron – Question Four:**

Some professionals classify ADHD as a neurodevelopmental disorder rather than a mental health disorder. Either way, it is clear that many people with ADHD often struggle with depression, anxiety, or low self-esteem for a variety of reasons. What are some ways you are supporting any of your people who have been diagnosed with ADHD?

## Discussion:

- Are you seeing youth and YA's struggling with ADHD?
- How are you helping these folks in your communities?

## **Aaron – Question Five:**

There are many other struggles in mental health. Thinking of these key ones, what are you doing to support your people with depression, suicide, cutting, self-harm, or low self-esteem?

## Discussion:

- Are you seeing any of these?
- If so, how are you supporting and helping these folks?