

# Mental Health Tool Kit for

# KIDS



Women's Rights Advancement & Protection Alternative (WRAPA)

Supported by :

**MALALA** :  
**FUND**

# Mental Health Tool Kit for

# KIDS

This Toolkit is owned by WRAPA Nigeria and was developed by I.I. Hamza, Gede Foundation.



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# Background and Acknowledgement

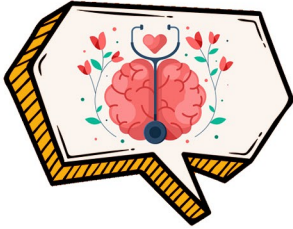
WRAPA in collaboration with GEDE Foundation and supported by the Malala Fund is implementing a one-time intervention for vulnerable flood victims in Anambra State Nigeria. Natural disasters such as flooding leave major physical, social and psychological disruptions that require special and deliberate rehabilitation support for the affected population. According to the National Emergency Management Agency (NEMA), over 1.4 million people have been displaced due to the floods as of 24 October 2022. More than 120 persons lost their lives, while the living are displaced and traumatized by the destruction of homes, farms, and infrastructure. These survivors are left with multiple negative psychological effects manifesting in mental illness and other forms of post-traumatic stress disorder (PTSD), anxiety and depression.

Surviving male, female and children in the seven (7) most affected local governments of Ogbaru, Onitsha South, Onitsha North, Ayamelum, Awka North, Anambra West and Anambra East need material and psycho-social support. In addition to other forms of support being extended, attention is also being paid to their daily trauma experiences using a simple Mental Health and Psychosocial Support (MHPSS) an MHPSS Toolkit offering access to key information and resources.

The Toolkits are in three modules targeting young girls and boys, teachers & parents and community. The kits are in simple language with self-explanatory information on what mental health is, how it can be identified, the symptoms and where or whom can provide psychosocial support. It is hoped that the targeted groups find relief from the understanding of their mental health and psychosocial well-being while helping them to overcome, recover and rebuild their lives.

On behalf of the beneficiaries of the Anambra State Flood affected Communities WRAPA expresses its sincere appreciation to the Malala Fund for its generous and considered support through WRAPA. Appreciation also go to GEDE Foundation and its staff for the technical support provided especially Mr. I.I. Hamza who painstakingly developed the modules. The role of the WRAPA communications unit and the project team in Abuja and Anambra is also acknowledged and appreciated.

# Topics



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# Mental Health

It has to do with our cognitive, behavioral, and emotional well-being which affects our daily activities such as our relationship with others, our perception and opinion, our physical appearance and personal hygiene without any form of mental disorder.

## Some causes of mental health problems

### Childhood abuse:

Childhood abuse can be any physical form of abuse like torture, mutilation, or emotional abuse like negligence, being isolated, deprivation/neglect of child's rights and psychological abuse faced by a child either by parent, teacher(s), friends or family members.





### Substance abuse:

Taking drugs, alcohol and other substances for recreational purposes

### Long Term Stress:

Long term stress that stems from working in a toxic environment every day or fighting with your spouse constantly. This is the type of stress that seems never-ending and can negatively impact your health



### Social disadvantage:

Constant feeling of being poor or in poverty, unnecessary feeling of being unwanted by friends and people around-including family members.



## Bereavement

Lose Of loved one or someone close to you.

# Peer Pressure

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A group of people of with one or more shared interest or characters

- Peer socialization
- Extraordinary Clubs





## Positive Peer Pressure

Positive peer pressure is the small or little push you get from your peers to act or behave in an appropriate manner such as going for

prep/ tutorials, partaking in community service, developing your skills and improving on your potentials. Positive peers contribute to making one becoming a better and more responsible adult in the long run



## Negative Peer Pressure

Negative peer pressure is associated mostly with negative social life. Members involve in health defeating behaviors such as drug

abuse/ drinking, smoking with lots of unsafe sex and sexual activities, vandalism, skipping classes, negative thoughts, dishonesty, breaking of societal laws and being disrespectful.



- Understanding peer pressure is critical for a proper transition from adolescent to adulthood.
- With a positive like minded peer group-one will be able to make guided life decisions and have a good future ambition

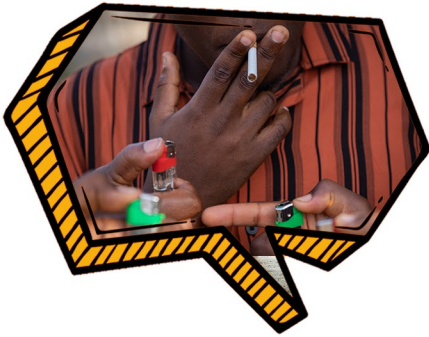
# Substance Abuse

A constant use of harmful mind-altering substance or medication for recreational purpose

## Experimental:

Kids are naturally curious and kids grow into teenagers. It's not uncommon for teens to seek out drugs or alcohol just to know what the sensations of being inebriated are like.





## Environment:

the surrounding or living environment can also lead to substance abuse if, if one finds his/her self in an area

## Psychological effect of substance abuse

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- Excessive worrying
- Hopelessness
- An impending sense of doom
- Lack of motivation
- Mood swings
- Dysregulated emotion
- Restlessness and Agitation
- Loss of interest
- Tension
- Sleep disturbances
- Psychosis
- Irritability
- Insomnia
- Suicidal ideation
- Poor decision-making

# Biological effect of substance abuse

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- Heart disease including high blood pressure
- Sweating
- Weight gain or loss
- Rapid heart rate
- Reduced immune function
- Stomach issues
- Respiratory problems
- Liver damage
- Kidney disease

# How to say "NO" to substance abuse

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- Avoid friends with poor or bad decision
- Always be assertive (your
- NO is NO)
- Never take a medication without a doctors prescription
- Avoid late night social gathering

# Wellness

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## Physical Wellness:

Physical wellness includes expanding your knowledge about your lifestyle and how food, good nutrition and physical activity can be an integral part of your lifestyle

## Spiritual Wellness

Spiritual strength is that force that drives us to make sacrifices for others, our nation, and the greater good. It may come from religious faith, heritage, experience within our community, influence of role models, or other sources of inspiration.

## Emotional Wellness

Emotional wellness refers to building an awareness of and accepting one's feelings and moods. It includes finding ways to encourage positive thinking and acceptance of oneself.

## Social Wellness

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Social wellness entails being cognizant of the impact you and your actions have on your community, the society and nature.

## How to say "NO" to substance abuse

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- If possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together.
- Try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint
- Arrange a day out with friends you have not seen for a while.
- Meditate more frequent.
- Be generous.
- Try switching off the TV to talk or play a game with your children, friends or family.
- Learn new skills  
visit a friend or family member who needs support or company.
- Have lunch with a colleague.
- Make time for your medical check-ups including visits to a psychologist.
- Try taking on a new responsibility at work, such as mentoring a junior staff member or improving your presentation skills

# REMEMBER

## You Are Never Alone!

### Seek For Help!



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