**Youth Mental Health**

Mental illnesses affect an estimated 14% of adolescents around the world\*. Of the conditions, eating disorders are among the deadliest. This month, gain insights on how to know if a child in your care may be struggling with an eating disorder and how to help them.

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| **Included in this month’s engagement toolkit you will find:****Eating disorder screener** to help you identify signs of an eating disorder and ifmedical assessment is recommended **Training** on parenting in an ever-changing world and how to help children thrive**Articles** on eating disorders and tips for parents on how to talk about mental health with your children |

[View toolkit](https://optumeap.com/newthismonth/en-GB)

**What to expect each month:**

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|  | **Latest topics** – Connect with up-to-date content that focuses on a new topic every month |
|  | **More resources** – Get access to additional resources and self-help tools |
|  | **Content Library** – Continued access to your favourite content |
|  | **Support for everyone** – Share toolkits with those you may think find the information meaningful |

\* WHO, “Adolescent Mental Health.” <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health> Accessed Nov. 3, 2022