



# Enhancing the News

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## **Silent Path of Destruction**

There is an increasing prevalence of mental health problems among young people and many are left untreated.

According to the Mental Health Council of Australia (MHCA), "75% of all mental illnesses begin between the ages of 15-25 years". The MHCA states that around 100,000 young people experience depression or anxiety each year, yet over 60% do not seek professional help.

Children and adolescents with a mental illness experience a poorer quality of life. They are at an increased risk of long term mental problems, risk-taking behaviour, self-harm and suicide. Raising awareness in society about mental health issues has been identified as crucial in ensuring sufferers' seek help. Beyondblue CEO Leonie Young believes, "most people...don't get adequate treatment because they don't recognize the signs and symptoms of the illness, they don't know where to get help or they're too ashamed to talk about it".

The following free study guides accompany films and documentaries and help educate students about mental health issues. [Look Both Ways](#) presents ideas on fear, anxiety, and mortality and examines how humans cope with personal tragedy and depression. [Our Brother James](#) looks at the effects a suicide has on loved ones left behind. [A Stranger in the Family](#) provides an insight into the lives of families with autistic children and [The Secret Lives of Sleepwalkers](#) explores sleepwalking as a major health issue and promotes a positive approach to mental and physical health.

Related programs suitable for the classroom include: [Landline: Mental Health in the Bush](#), which offers an in-depth special on rural mental health, and [Decadence: Family](#), that examines Australian social trends and asks why divorce and suicide are rife in Australia. For material that deals with issues of homelessness, depression and self-harm take a look at [Knot at Home: Stories of Survival](#) ([study guide](#) also available) and [Mum's the Word: Teenagers](#), which asks what can we do to help our teenagers? While [Body Hits: Against the Clock](#) investigates the science behind sleep deprivation and stress, [Four Corners: Journey of No Return](#) looks at a study of dementia. [Episode 1](#) and [episode 2](#) of The House of Obsessive Compulsives

observes three people with obsessive-compulsive disorders that have agreed to live together as part of an experiment to cure their illness. [Insight: Understanding Autism](#) asks why is autism on the increase? What causes it? And is there a cure?

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