

## **Child and adolescent mental health**

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Child Psychology includes Psychological development in the child (development throughout the lifespan). As their physical health emotional wellbeing of children is equally important. Balanced mental health status is very important for every single child to live up to their full potential and make their life purposeful by doing the best for themselves and the

people around them. Mental illness is a serious disorder that can affect one's emotions and psychological behaviour. If untreated, then these conditions influence the development of an individual. Mental illness during the life span of a baby, how the brain and mental health are related in a kid, relation between child sleep and mental health, mental rehabilitation is the featured topic included in this session. Sometimes people even say that mental illness a myth. Through this platform we will focus on the current issues of mental health in child

and discuss about how mental health screening and assessment is done, how the environment influences children and role of parents in child development, Psychological characteristics of preschool children.

### **Biography**

Heena Pahuja pursuing my Bachelors from Amity University in Noida. This is my final year (i.e. 3rd year). I am 21 years old. I am planning to pursue my masters in child and adolescent psychology. I have gained experience in field of psychology during my bachelors. I have done 5 internships till date and I have attended many workshops like CBT, TAT, Counselling Therapy and Skills etc. I love cooking and baking as well.

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