



The PMHA Committee is pleased to announce
our next monthly webinar

14th April 2025 1900-2000 via the

[Teams link](#)

The topic:

**Separating the Emotional Difficulties from
the Mental Health Disorders**

The Presenters:

**Ruth Jacobs – Registered Mental Health
Nurse and CEO of Certified Minds**

In today's healthcare system, normal teenage struggles are frequently being labelled as mental health disorders. It can be challenging to tell the two apart when young people present with risky behaviours. This webinar will explore the differences between everyday emotional challenges, social difficulties, and clinically diagnosable emerging mental health disorders in teenagers. We know that teenagers may internalise medical labels given to them and we will discuss how to avoid the over diagnosing of social care challenges.