



PSYCHOLOGICAL HELP TO TEENAGERS



Access Kyzylorda students





PRESENTATION PLAN

Introduction: What is the description, and purpose of our course?

How does our course and psychologists of our course help to teenagers?

Some information concerning teenage problems worldwide and in Kazakhstan.

Some recommendations from our psychologists

Conclusion

DESCRIPTION OF THE COURSE



“

In our course, you can find 5 common problems among teenagers around the world.

Who needs this course? This course is intended for teenagers, who have a mental problem, or emotional burnout, who are tired from life, who have academic pressure, and who don't have any motivation.

2nd question is " How important is this topic? "

Nowadays, cases of suicide and teenagers with mental disorders have increased.

We think they should leave their wrong thoughts and try to be positive in different situations; our course can help with it.

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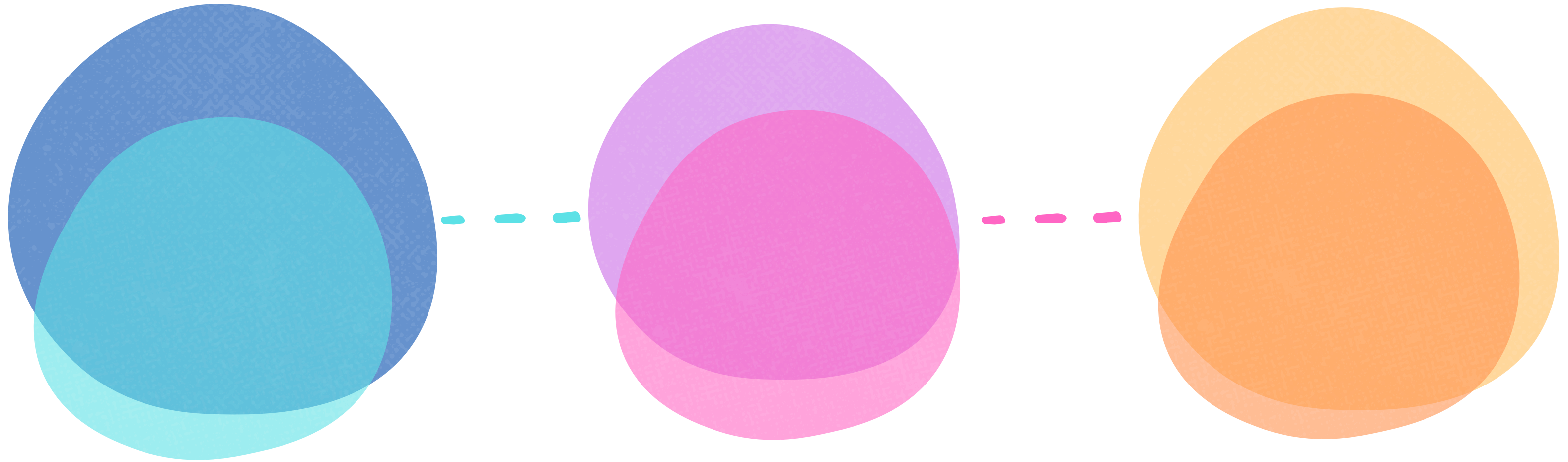




WHAT IS THE PURPOSE OF OUR COURSE?

We want to support teenagers in difficult times. Help with the problems that make them worry and help them to solve the problems.

OUR PSYCHOLOGIST HELPS A PERSON:



Find ways out of conflicts,
solve problems and
achieve goals.

Build relationships with
those around you.

Save your time,
resources and health.



Why this particular topic?

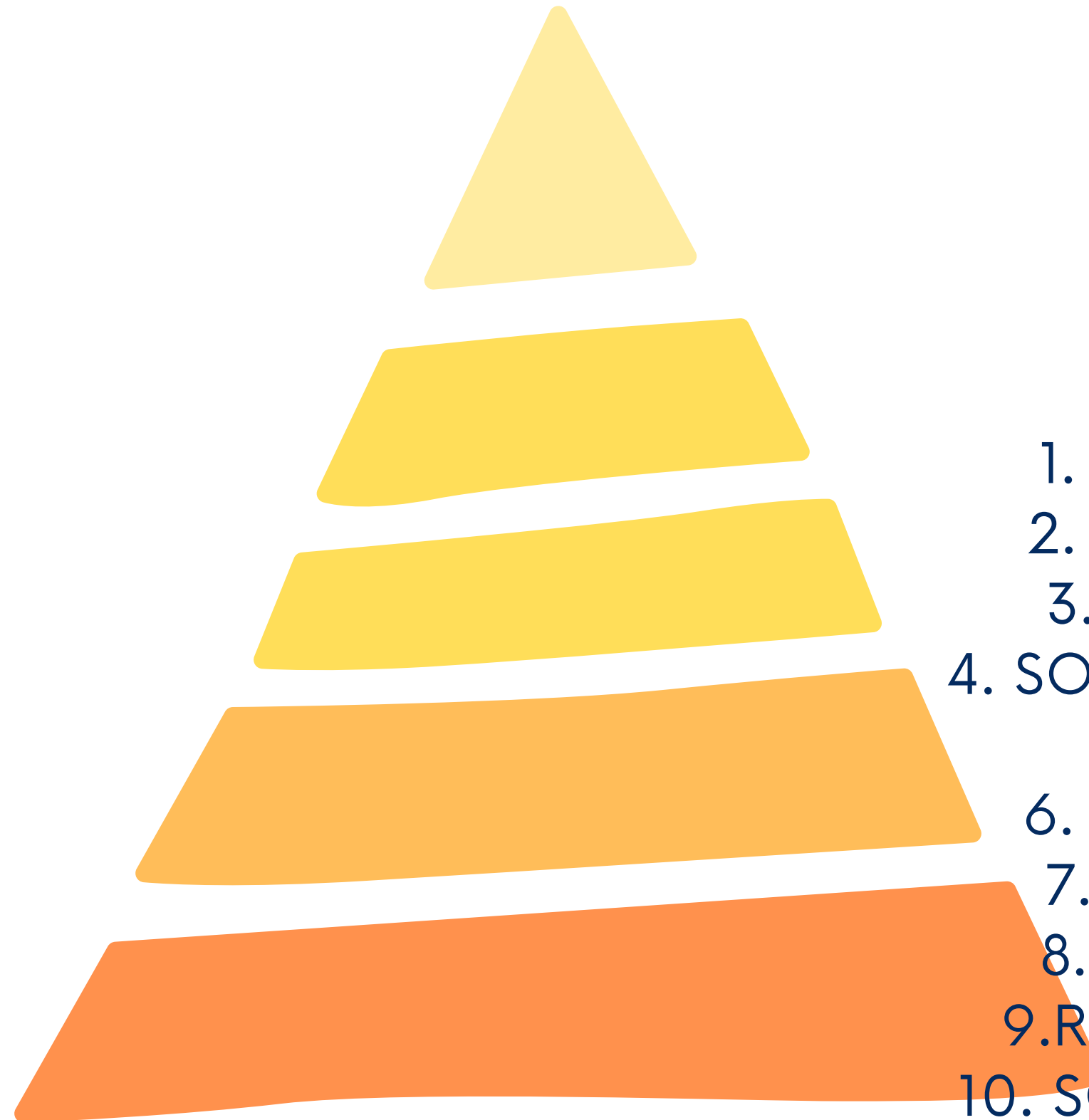
Recently, teenagers often get depressed and sometimes it comes to suicide. Of course, not only teenagers get depressed and adults also get depressed and they can also commit suicide, but this is only in rare cases and then teenagers get depressed much more often than adults and in most cases it comes to suicide. Therefore, we believe that this is a more important topic in our time.



IS THIS TOPIC SO IMPORTANT?

Recently, suicides have been happening more and more often. It is estimated that 1 million people die by suicide every year in the world. Worldwide, suicide is among the top three causes of death among people aged 15 to 44 years. Suicide attempts occur 20 times more often than completed suicides. And all this is due to the fact that someone has lost a loved one and cannot cope with it and someone lives with more pressure both at school and at home.

20 countries with the highest suicide rate



1. LESOTHO
2. GUYANA
3. ESWATINI
4. SOUTH KOREA
5. KIRIBATI
6. MICRONESIA
7. LITHUANIA
8. SURINAME
9. RUSSIA
10. SOUTH AFRICA

11. UKRAINE
12. URUGUAY
13. BELARUS
14. MONTENEGRO
15. LATVIA
16. SLOVENIA
17. BELGIUM
18. VANUATU
19. MONGOLIA
20. KAZAKHSTAN

WHY IS OUR COUNTRY INCLUDED IN THIS LIST?



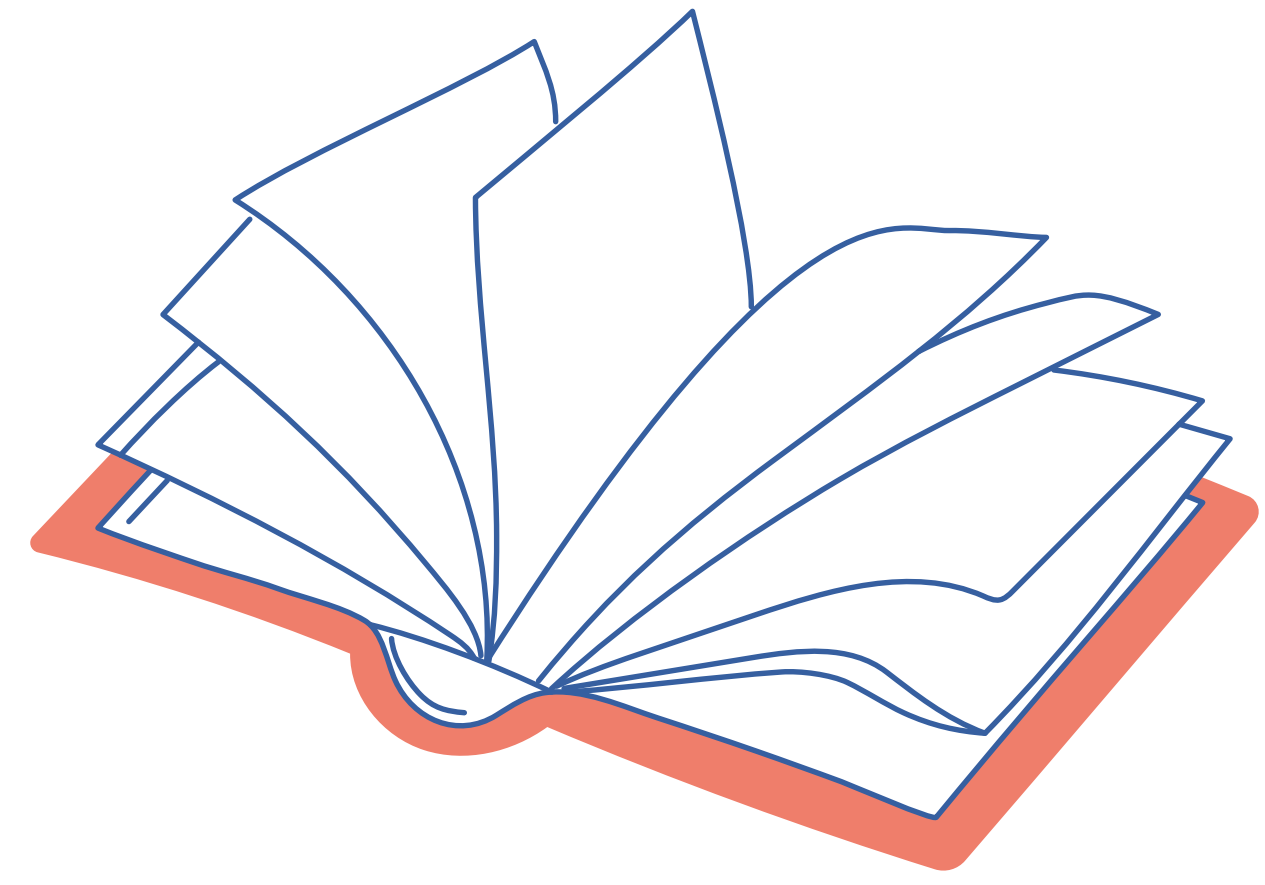
Official statistics on the number of suicides in the Republic of Kazakhstan are about 12,750 schoolchildren and more than 20,000 among the adult population. The figures cited by independent experts indicate that the suicide problem is already taking on threatening proportions, steadily consolidating one of the leading positions in the world in terms of the number of suicides in Kazakhstan.

Social, biological, psychological, and other factors can interact in such a way that they will cause suicidal behavior in a person. There is no single factor in the formation of such behavior, it is a whole complex that leads to this terrible phenomenon. Biological causes are the presence of a depressive or anxiety disorder, severe somatic pathology.



Child suicide is also high. According to the head of the National Center for Human Rights Vyacheslav Kalyuzhny, the top three causes of child suicide in the world look like this (from more to less): unhappy love, quarrels with parents, and fear of the future. Deputy of the Majilis of the Parliament of Kazakhstan Bakhyt Syzdykova believes that psychological pressure on children in the process of preparing for the UNT and its result is the cause of many suicides.

Suicide among teenagers is a serious problem in Kazakhstan.



HOW OUR PROJECT CAN HELP TEENAGERS?

Our project is going to help people as friends. That is, we are going to shoot a 2 - 5 minute video about different stories of teenagers and how they were able to overcome depression or how they acted during the depression.

This is a course for teenagers who do not feel very well. We want to help them so that they know what is happening to them, and what they feel. Psychological help is very important for every person in this world.



Some recommendations from our psychologists

Tell yourself something positive. In other words, think positive thoughts instead of negative ones. And be an optimist instead of a pessimist, there is always a bright side to everything that happens.

* Focus on one thing (In the moment) This will help you forget about your troubles in the past.

* Exercise.

* Eat good food.

* Open up to someone. In most cases, talking to someone is one of the best solutions. Knowing that other people are there to help and want to help you is important in thinking positively.

Get proper sleep.

Take a break. Sometimes you have to step aside from reality and take a deep breath.



CONCLUSION

WE HOPE THAT YOU WILL NOT BE AFRAID TO WORK ON YOURSELF. EVERYONE SHOULD KNOW THAT THERE IS SOMEONE WHO WILL LISTEN TO HIM/HER AND GIVE ADVICE. WE WANT TEENAGERS NOT TO HARM THEMSELVES. OUR COURSE WILL BE CREATED SO THAT YOU LEARN MORE ABOUT YOUR FEELINGS, BELIEVE IN YOURSELF, AND DO NOT GIVE UP. WE SINCERELY HOPE THAT WE CAN HELP YOU.

OUR COURSE SOLVES THE DIFFERENT CASES OF TODAY'S TEENAGERS.

IN CONCLUSION, I THINK THAT OUR COURSE CAN SOLVE AT LEAST ONE OF THEM.

IF YOU HAVE A PROBLEM, PAY ATTENTION TO OUR PROJECT. WE CREATED THIS COURSE WITH A LOT OF DISCUSSIONS ON THIS TOPIC AND WE REALLY HOPE THAT IT WILL BE HELPFUL FOR TEENAGERS. ♥♥♥



MANY PEOPLE ARE AFRAID TO TALK ABOUT THEIR PROBLEMS. BUT DON'T BE AFRAID TO SHARE YOUR FEELINGS.

OUR COURSE WILL BE ATTENDED BY PROFESSIONALS IN THEIR FIELD AND WE ASSURE YOU THAT OUR COURSE WILL SURELY HELP YOU WITH YOUR PROBLEM.

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Thank you

PRESENTED BY ACCESS
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