

## What is Mental Health?

According to the World Health Organization, mental health is “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”.

In infants, children and youth, mental well-being involves developing good self-esteem, being able to play, learn, have close family relationships, ability to get along with others, make friends, manage feelings and behaviours in a range of situations and being able to achieve one’s potential.

A mental health problem can happen to anyone irrespective of age, gender and socio-economic status. Sometimes a problem develops after something traumatic has happened like the death of a loved one or bullying. Sometimes it just happens out of the blue and there is no obvious reason.

The important thing to remember is that mental health issues are common, about 1 in 10-20 children or young people have a diagnosable mental health condition.

## Other Programs We Offer

- *Pathways to Effective Parenting (PEP)* course to parents to help improve parenting skills.
- *Nurturing Young Minds* program for children to promote good mental health.
- We also consult to and collaborate with schools, other agencies and private providers to improve young people’s mental health and wellbeing outcomes.
- We offer a range of community seminars for professionals.

*Pathways (Padhaigal) is a non-governmental, secular, not-for-profit service, committed to promoting emotional health and wellbeing in children, youth and families. It has been established to improve the quality of life for all children and youth, especially those with, or at risk of special needs and their families.*

*Pathways was established in December 2014 in Coimbatore with the aim of promoting mental wellbeing and preventing mental health problems in children and youth and provide the best possible services for developmental and mental health problems in children and youth.*

### CONTACT DETAILS

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# PATHWAYS CLINIC

FOR INFANTS, CHILDREN,  
YOUTH AND FAMILIES.



FOSTERING EMOTIONAL WELL-BEING;  
PROMOTING RESILIENCE, PREVENTION  
AND EARLY INTERVENTIONS IN INFANTS,  
CHILDREN, YOUTH AND FAMILIES.

<http://pathwaysfoundationkovai.org/pathwaysclinic/>

## What is Pathways Clinic?

Pathways Clinic is an affordable service for infants, children, adolescents and young people up to 25 years of age, their families and caregivers run by the NGO Pathways Foundation Kovai.

### Our Team

Pathways clinic is run by a multi-disciplinary team of  
Psychiatrists  
Psychologists,  
Doctors and Clinicians trained in Child and Youth Mental Health  
Other support people include  
Specialist Teachers, Speech Therapists  
Occupational Therapists and  
Paediatricians.

## Kinds of problems we can help with:

### Problems in babies and toddlers:

Persistent sleep and feeding/eating problems.  
Unsettled/distressed.  
Restlessness.  
Irritability. Excessive or no crying.  
Excessive clinginess.  
Scared or fearful.  
Not playing well or having limited range of play or games.  
Having toileting difficulties. Developmental issues.



### Problems in Early and Middle childhood:

Excessive worry/anxiety that interferes with child's ability to go to school, to concentrate and learn, and to be confident with others.  
Persistent refusal to follow rules at home and/or school.



Attention and concentration difficulties that impact the child's learning and social abilities. Learning problems.  
Difficulty making and maintaining friendships.  
Obsessions or compulsions that makes the child upset or affects their functioning.  
Withdrawal from spending time with family and friends and/or doing activities that they once enjoyed.

### Problems in Adolescents 15 and above:

Increased anxiety or worry, low mood.  
Expressing feelings of hopelessness and helplessness.  
Spending less time with others and loss of interest in usual activities. Increased irritability and/or aggressive behaviours.  
Difficulty with concentration. Reduced motivation.  
Sleeping difficulties. Loss or increase of appetite with significant weight loss or weight gain.  
Paranoia (fear of something bad happening or being watched by others).



Perceptual disturbances such as hearing voices and/or seeing things that other people can't.  
Drug and or alcohol use.  
School refusal.

Risk taking, impulsive or criminal behaviours.  
Excessive Internet, gaming and media use.

## What is the usual Assessment process?

- Children and young people can be self-referred or referred by doctors or teachers.
- When a referral is made a clinician from Pathways Clinic will contact you for further details following which an Initial Consultation will be offered to the child/young person and the family.
- Initial Consultation will include meeting the child, adolescent or young person, family members or support persons, separately and together. Depending on the outcome further investigations maybe required. A collaborative treatment plan will be made after completion of assessment.

## How do we help?

- We help by understanding your problems, getting to know your strengths and needs.
- We provide information to you about your mental health and ideas about how to make things better.
- We provide a treatment program specific to your needs.
- We also offer medication if needed.
- A range of individual and group therapies.
- Parent work and family work.
- Practical advice regarding education or employment.