



## Children's Mental Health

### Reports:

**[Why investing in children's mental health will unlock economic growth.](#)**

Future Minds; 2025.

<https://www.centreformentalhealth.org.uk/wp-content/uploads/2025/02/Future-Minds-Report-2025-WEB.pdf>

(This report finds that the current lack of capacity in the mental health system means that far too many young people reach crisis point, putting pressure on emergency, urgent and crisis services. The report argues that immediate and long-term costs of inaction are far greater than the investment that could be made now in cost-effective interventions that can help to turn the tide.)

**[Inquiry into young people and suicide: 15 recommendations for government to prevent young suicides.](#)**

Samaritans; 2025.

[https://media.samaritans.org/documents/APPG\\_young\\_people\\_and\\_suicide\\_report\\_2025\\_WEB.pdf](https://media.samaritans.org/documents/APPG_young_people_and_suicide_report_2025_WEB.pdf)

(From September 2023 to November 2024, the APPG collected evidence to understand what Government should do to prevent young people from reaching crisis and save lives. The inquiry report outlines 15 areas for urgent action across health services, education, communities and Government departments to help prevent the devastation of young lives lost to suicide.)

**[Vaping is linked with breathing issues in young people](#)** NIHR, March 2025

Vaping is increasingly common among young people. It is less harmful than smoking, but not without risk, particularly for people who have never smoked. Researchers surveyed 39,214 young people and found that: those who vaped were more likely to have breathing issues than those who did not and the more they vaped, the higher their chance of breathing issues.

## Neurodiversity

**[Support for neurodivergent children and young people.](#)** Sam Vo, Laura Webb. UK Parliament, 2024

This POSTnote considers support available for neurodivergent children and young people in healthcare and education, and barriers to accessing that support. Some known neurodevelopmental conditions include autism (sometimes known as ASD, or autism spectrum disorder), attention deficit hyperactivity disorder (ADHD), developmental coordination disorder (also known as dyspraxia) and specific learning difficulties such as dyscalculia and dyslexia. This POSTnote covers neurodivergence among children and young people, including known neurodevelopmental conditions. It focuses on support for neurodivergent children and young people in education and healthcare. [More details](#)

**[A comparison of gender diversity in transgender young people with and without autistic traits from the Trans 20 cohort study.](#)**

Tollit, M. A., Maloof, T., Hoq, M., Haebich, K., Pace, C. C., Rodriguez, Z. M., Sial, M., Payne, J. M., & Pang, K. The Lancet regional health. Western Pacific, 2024. There is an elevated co-occurrence of autism in trans individuals, with recent meta-analyses suggesting that 11% of trans individuals are autistic. The presence of autism in trans young people can create clinical challenges by adding complexity to the presentation, assessment and management of those presenting to gender clinics. Although many trans young people display traits of autism, how these traits relate to the nature of their gender diversity is unclear.

**[Childhood attention-deficit hyperactivity disorder: socioeconomic inequalities in symptoms, impact, diagnosis and medication.](#)**

Pearce Anna Henery Paul Katikireddi S Vittal Dundas Ruth Leyland Alastair H. Nicholls Dasha Viner Russell M. Fenton Lynda Hope Steven. Child and adolescent mental health 2024;29 (2 ): 126 -135 .



## For parents/carers—Dangerous Tiktok challenges:

### ‘Borg’ challenge

The so-called "borg" typically consists a mixture of alcohol, electrolytes, caffeinated flavoring and water in a one-gallon jug. The purpose of the drink, apparently? To stay hydrated while drinking copious amounts, slow the intoxication process and keep the dreaded hangover at bay.

### ‘Blackout challenge’

Also known as [the "choking challenge" or the "pass-out challenge,"](#) this fad encouraged kids in asphyxiation to the point of temporary unconsciousness.

### The Silhouette Challenge

This trend sees participants pose in front of a camera in a doorway or other well-lit area, usually wearing casual clothing. Then, they transition to a completely dark background, with some backlight to show only a silhouette of their bodies, at which point the participant has changed into a more revealing attire like lingerie, or even being completely nude.

### The Fire Challenge

In this challenge, participants spray hairspray onto a mirror, sometimes in a specific shape, and then ignite the spray.

### The Nutmeg Challenge

TikTokers are encouraged to consume two tablespoons (about 28 grams) of nutmeg mixed with water to experience a hallucinogenic high similar to LSD.

### Dragon Breath

Food dipped in liquid nitrogen —particularly cereal— is consumed to create an effect similar to a dragon’s breath, with vapor coming out of the person’s mouth and nose.

### The Orbeez Challenge

For this challenge, TikTok users load soft water beads (Orbeez) into airsoft guns and shoot them at innocent bystanders.

### Tranq Challenge

This challenge consists of taking Clonazepam—a tranquilizing prescription drug used to treat seizures, panic attacks, and anxiety—and trying to stay awake. Drowsiness is a common side effect of Clonazepam.

### The Firetruck Challenge

A trend among tweens and teens, where a boy’s hand is likened to a fire truck and is placed on a girl’s lower thigh. The girl is instructed to say “green light” when the fire truck can keep moving further up her leg, and “red light” when the fire truck needs to stop. As the game progresses the girl may say “red light,” but is only then told that firetrucks don’t stop at red lights, as the hand keeps wandering.

### [Dumb, Dangerous, and Deadly TikTok Trends \(2025\)](#)



## Current Evidence

[Exploring the Relationship Between Public Social Media Accounts, Adolescent Mental Health, and Parental Guidance in England: Large Cross-Sectional School Survey Study](#)

Mabaso W.S., Hein S., Pavarini G., et al. *J. Med. Internet Res.* 2024;26:no pagination. doi:10.2196/57154

[Adolescent girls' explanations of high rates of low mood and anxiety in their population: a co-produced qualitative study.](#)

Demkowicz O., Jefferson R., Nanda P., et al. *BMC Women's Health* 2025;25(1):no pagination. doi:10.1186/s12905-024-03517-x

[Associations between social media use and positive mental health among adolescents: Findings from the Canadian Health Behaviour in School-aged Children Study.](#)

Clayborne Z.M., Wong S.L., Roberts K.C., et al *J. Psychiatr. Res.* 2025;181:333-339. doi:10.1016/j.jpsychires.2024.11.071

[Protocol for the process evaluation for a cluster randomised controlled trial evaluating primary school-based screening and intervention delivery for childhood anxiety problems.](#)

Williamson V., Larkin M., Reardon T., et al *BMJ Open* 2025;15(2):no pagination. doi:10.1136/bmjopen-2023-082691

[Using group model building to frame the commercial determinants of dietary behaviour in adolescence - findings from online system mapping workshops with adolescents, policymakers and public health practitioners in the Southwest of England.](#)

Chavez-Ugalde Y., De Vocht F., Jago R., White M., Toumpakari Z. *BMC Public Health* 2025;25(1):144. doi:10.1186/s12889-025-21320-7

[Social jetlag and sleep habits in children and adolescents: Associations with autonomy \(bedtime setting and electronics curfew\) and electronic media use before sleep.](#)

Illingworth, G., Manchanda, T., Skripkauskaitė, S., Fazel, M., & Waite, F. (2025). *Chronobiology International*, <https://doi.org/10.1080/07420528.2024.2444675>

[Relationship with parents in adolescence and social media addiction in adulthood: Longitudinal links and mediation analyses.](#)

Demers, H., White-Gosselin, C., & Poulin, F. (2025). *Canadian Journal of Behavioural Science / Revue Canadienne Des Sciences Du Comportement*, 57(2), 87. <https://doi.org/10.1037/cbs0000428>

[Online appearance preoccupation in and beyond adolescence: A longitudinal study of social media use, anxiety, and depression as correlates of growth and stability.](#)

Zimmer-Gembeck, M., Seekis, V., & Duffy, A. L. (2025). *Psychology of Popular Media.*, <https://doi.org/10.1037/ppm0000587>

[Media pressure and body satisfaction in transgender and gender diverse adolescents: A cross-sectional mediation analysis.](#) Wehrmann, W., Herrmann, L., Vogel, F., Barkmann, C., Fahrenkrug, S., & Becker-Hebly, I. (2025). *International Journal of Transgender Health*, <https://doi.org/10.1080/15532739.2025.2470417>

[Revealing the interplay between digital media use and affective well-being across developmental stages: Results of an experience sampling study with austrian adolescents.](#)

Mayen, S., Reinhardt, A., & Wilhelm, C. (2025). *Journal of Children and Media*, <https://doi.org/10.1080/17482798.2024.2443662>

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## Current Evidence

### [Adolescent social media use and depression: A person-centered approach](#)

Lin, S., & Longobardi, C. (2025).. *Child Psychiatry and Human Development*, <https://doi.org/10.1007/s10578-025-01819-1>

### [Associations between social networks, messaging apps, addictive behaviors, and sleep problems in adolescents: The EHDLA study.](#)

Navalón-González, M., Montenegro-Espinosa, J., Gutiérrez-Espinoza, H., Olivares-Arancibia, J., Yañez-Sepúlveda, R., Duclos-Bastías, D., Garrido-Miguel, M., Mesas, A. E., López-Gil, J. F., & Jiménez-López, E. (2025). *Frontiers in Behavioral Neuroscience*, *19*, 1512535. <https://doi.org/10.3389/fnbeh.2025.1512535>

### [Promoting healthy digital device usage: Recommendations for youth and parents.](#)

Firth, J., Solmi, M., Löchner, J., Cortese, S., López-Gil, J. F., Machaczek, K., Lambert, J., Fabian, H., Fabiano, N., & Torous, J. (2025). *World Psychiatry*, *24*(1), 1. <https://doi.org/10.1002/wps.21261>

### [Screen time and manic symptoms in early adolescents: Prospective findings from the adolescent brain cognitive development study.](#)

Nagata, J. M., Zamora, G., Al-Shoaibi, A., Lavender, J. M., Ganson, K. T., Testa, A., He, J., & Baker, F. C. (2025). *Social Psychiatry and Psychiatric Epidemiology: The International Journal for Research in Social and Genetic Epidemiology and Mental Health Services*, <https://doi.org/10.1007/s00127-025-02814-6>

### [Narrative matters: Improving young people's mental health through neighbourhood initiatives – the role of 'collective local intelligence' in manchester.](#)

Ravetz, J. (2025). *Child and Adolescent Mental Health*, <https://doi.org/10.1111/camh.12766>

We hope this termly bulletin helps to keep you informed about current Children's mental health evidence.

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