

NEWS RELEASE from Ebdaah

Dubai Seminar To Home In On Rising Teenage Angst and Stress Management Short Falls

Ebdaah Moves To Spread Awareness of Risks and Remedies

Dubai UAE, March 6 2016: Though recent international and local research points to a rise in the number of teenagers suffering from stress, many of them are not aware of the impact it can have on their long-term mental wellbeing, according to Dubai-based multi-disciplinary consultancy Ebdaah.

A recent American Psychological Association (APA) survey says teenagers are now reporting higher stress levels than adults and year-round, teens are experiencing extreme stress at least once-a-month with most not knowing where to turn for help. Meanwhile, a 2013 Dubai Health Authority study diagnosed 17.5% of 1,289 teenagers between 14- 18 years in 16 private schools and four public schools as suffering from depression.

“The APA survey reveals that more and more teens appear to be adopting unhealthy stress management habits, including over eating,” said Jim Boylan, Ebdaah consultant and the child & adolescent psychiatrist who manages the training of registrars and students in the UK’s Northern Health Region For Training & Psychiatry.

“The real problem is that these unhealthy stress management techniques often lead to long-term health issues, including depression, anxiety, exhaustion and more frequent illnesses due to a weakened immune system.”

Yet Boylan says fully informed and aware parents, teachers and health workers could identify those teens really at risk and take steps to alleviate the stress.

“There is a common misconception that poor behaviour or lifestyles among teens is simply young people’s angst or a growing up phase – and while this can be true in many cases, this attitude can put those already on the path to mental illness further at risk.”

“There are stress management skills, including balanced nutrition and healthy lifestyle habits, which can help teens make the transition to adulthood safely and ready for the years ahead.”

On April 16, Boylan, Dr Madeleine Portwood, Ebdaah advisor and the British Psychological Society’s spokesperson on child development and neurodevelopmental disorders and Dr. Thoraiya Kanafani a clinical psychologist at Dubai’s Human Relations Institute and Clinics and adjunct professor of psychology at the Middlesex University in Dubai, will conduct a ground-breaking seminar – Ensuring Teenagers Live Life To The Full – in Dubai.

Through four probing modules, the full-day seminar, at Dubai’s Media Rotana Hotel, attendees will learn how to identify who’s most at risk and why, and better understand the knock-on social impact to teenage sufferers.

“We will be discussing how to spot the warning signs and where teenagers, parents and teachers can turn to for help,” said Dr. Madeleine. “We will also share knowledge on how adults can ease teenagers’ strain and all attendees will leave with training tools designed specifically to address this teen dilemma.”

For more details: http://ebdaah.com/mental_health_well_being

- End -

Picture Caption:

On April 16, Dr Jim Boylan, Ebdaah consultant and the child & adolescent psychiatrist, Dr Madeleine Portwood, Ebdaah advisor and the British Psychological Society’s spokesperson on child development and neurodevelopmental disorders and Dr. Thoraiya Kanafani a clinical psychologist at Dubai’s Human Relations Institute and Clinics and adjunct professor of psychology at the Middlesex University in Dubai, will conduct a ground-breaking seminar – Ensuring Teenagers Live Life To The Full – in Dubai.

For media enquiries:

Altaf Alimohamed +971 55 551 8234 media@strategicsolutionsonline.com

About Ebdaah – Enabling Opportunity UAE-based Ebdaah is a specialist training and capacity building consultancy, delivering support and solutions towards disability management to transform the lives of people with disabilities in the Middle East.

The Ebdaah team of specialists are geared to offering hands-on specialist consultancy, training and deployment to governments, key stakeholders, organisations and corporates to support and drive opportunities for people with disabilities across the UAE and beyond.

Ebdaah was established in Dubai as a partner company of TECOM’s Knowledge Village, and has specialist knowledge in supporting special needs inclusion across Hospitality, Retail, Education, Transportation, as well as organisations of all shapes and sizes.

www.ebdaah.com