

# Children and Young Person's Mental Health

## Theme lead



Mary John, Consultant Psychologist Sussex Partnership,  
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## Areas of interest

This theme explores all aspects of mental health for children and young people. The theme is a working collaboration with University of Sussex. Mary's research interests have become focussed on the impact of adversity on young people and how we understand the development of self- identity including well-being, resilience or psychological distress.

## Research

**Developing a Mindfulness App for young people.** Collaboration with Prof Robin Banerjee Sussex University.

**Development of a recovery measure for young people**

## Associated weblinks

<https://www.surrey.ac.uk/people/mary-john>

## Key publications

John M, Jeffries F, Acuña-Rivera M, Warren F, Simonds L. (2014) '**Development of measures to assess personal recovery in young people treated in specialist mental health services**'.

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