

This issue has a common theme of mental health. Young people's mental health is a growing concern in Australia, with substance use disorders and mental health accounting for over 50% of the burden of disease in young people (Australian Institute of Health and Welfare, 2007). While in 2001 Sawyer and colleagues found that 14% of young people aged 4–17 years showed evidence of a mental health disorder, this has risen in 2011 to 19% of adolescents aged 13–17 years (McGorry & Goldstone, 2011). This is particularly concerning as mental ill health can disrupt young people's developmental trajectory, even if it is relatively mild and brief, thus limiting a young person's potential.

The first article in this issue, by Ida Eriksson, Asa Cater, Anna-Karin Andershed and Henrik Andershed, reviews the literature on the factors which protect children and adolescents from both externalising and internalising disorders. The second paper is of great interest to school psychologists and guidance counsellors, examining teachers' recognition of anxiety and depression in adolescence and their threshold for reporting their concerns. This article by Michelle Trudgen and Sharon Lawn found that pressures of time and lack of resources in student wellbeing terms were barriers to teachers reporting their concerns about students. The next paper by Zarife Seçer and Hülya Gülay Ogelman reports a study showing the successful effects of a social problem-solving program for aggressive 14-year-old students.

The next three articles examine the effects of bullying on students. The first of these papers, by Graham Mackay, Timothy Carey and Bruce Stevens, used semi-structured interviews with three middle school students who had been bullied over the course of a school year. Two themes of the experience of their victimisation and what strategies they used to cope were identified. In the second paper by Ozgur Baker and Asli Bugay, the role of loneliness is explored in relation to peer victimisation and depressive symptoms. The third paper in this section, by Arif Özer, Tarik Totan and Gökhan Atik, explores the consequences for students involved in bullying, bullies, victims and bully-victims. Boys were found to be more involved in bullying than girls in this paper from Turkey.

Finally, Nigar Khawaja and Helen Stallman write about the challenges faced by international university students. Participants shared their own experiences and importantly the strategies that they used to help them cope and what future students could do, both before leaving home and whilst in Australia. The last article by Wendy Taylor and Brett Furlonger examines the various traumas that can affect counsellors. Positive supervision is recommended, especially for telephone and online counsellors to overcome the effects of this traumatisation.

With this last paper in mind, please ensure that you are engaging in positive supervision and I wish you all a most relaxing and joyous festive season.

Marilyn Campbell PhD  
Editor

## References

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