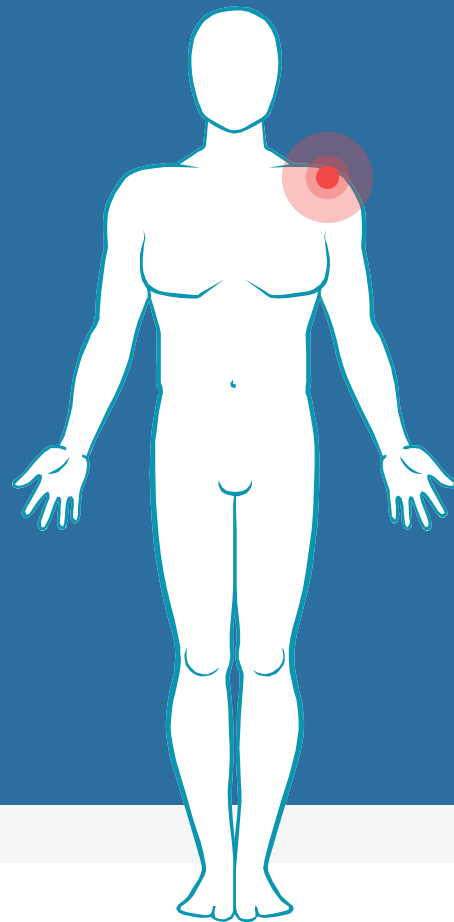


On-Call

103: Digital Toolkit of Health Literacy Resources

Mental Health for teens and youth



IN THIS PRESENTATION YOU WILL LEARN

- ▶ What is Mental Health for teens and youth
- ▶ The most common mental diseases teens and youth
- ▶ Supporting positive mental health
- ▶ Who can help ?



ADOLESCENT MENTAL HEALTH

A photograph of four diverse adolescents (three young women and one young man) smiling and posing together outdoors. They are holding drinks with straws. The background shows a modern building with a white awning and some greenery.

Adolescence (10–19 years) is a unique and formative time. Whilst most adolescents have good mental health, multiple physical, emotional and social changes, including exposure to poverty, abuse, or violence, can make adolescents vulnerable to mental health problems.

World Health Organisation (WHO)

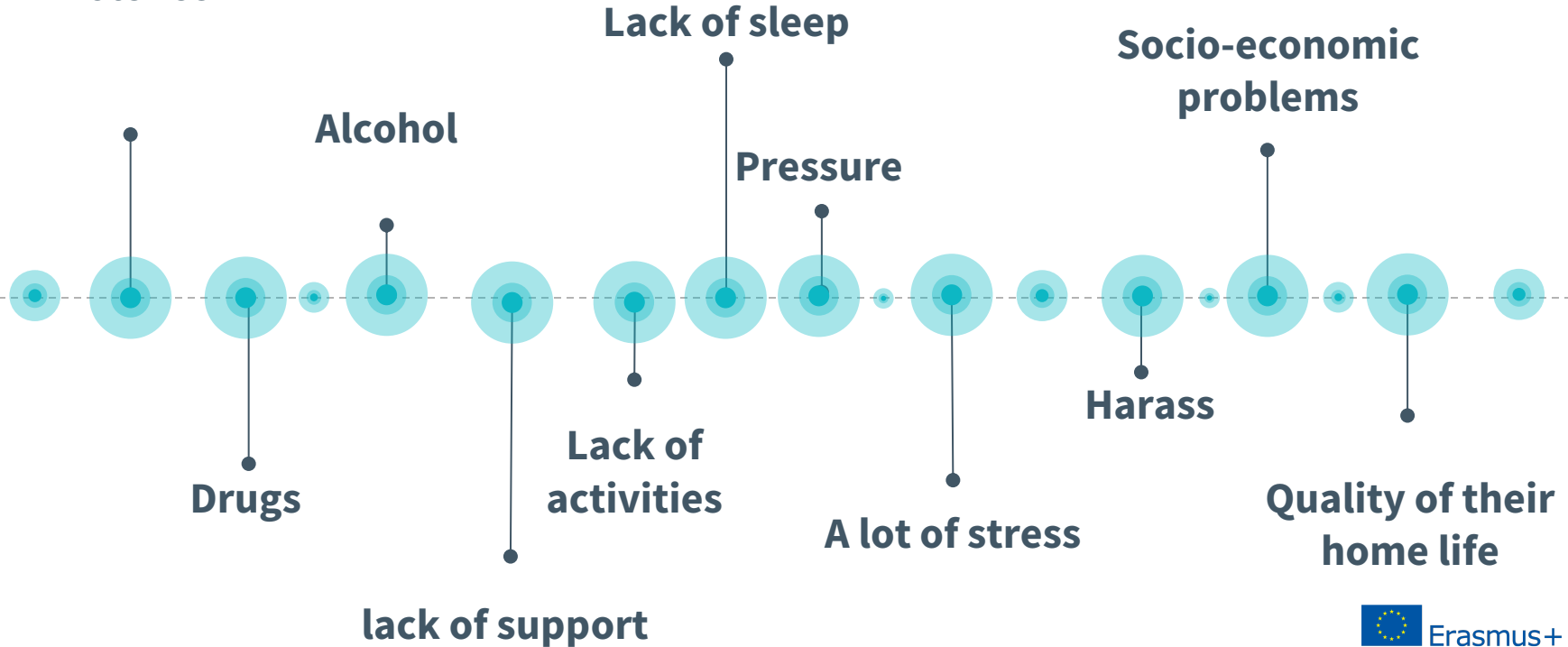
Ways to improve the quality of mental life of teenagers

- ▶ Open discussion with parents and friends on mental health issues (have healthier relationships with family and friends)
- ▶ -do physical activity and eat a healthy diet
- ▶ -get involved in activities
- ▶ -have a sense of achievement
- ▶ -can relax and get a good night's sleep
- ▶ -feel like they belong to their communities
- ▶ feel happier and more positive about themselves and enjoy life



MENTAL HEALTH RISK FACTORS FOR TEENS AND YOUTH

Violence

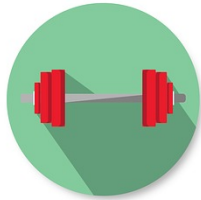
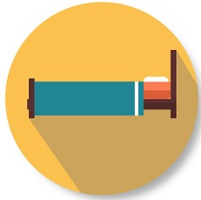


The most common mental diseases teens and youth

- ▶ Depression
- ▶ Social anxiety disorders
- ▶ Eating disorders
- ▶ Phobias
- ▶ General anxiety disorders



STRATEGIES FOR SUPPORTING POSITIVE MENTAL HEALTH IN TEENS AND YOUTH



Show love

- ▶ Show love, affection and care for your child.

Love and support and a strong relationship with you can have a direct and positive impact on your child's mental health.



2

Show interest



Show that you're interested in what's happening in your child's life. Praise his efforts as well as his good points and achievements and value his ideas.

SPEND TIME TOGETHER

- ▶ Enjoy spending time together one on one with teens , and also as a friends



Talk about feelings



Encourage your child to talk about feelings with you. It's important for your child to feel she doesn't have to go through things on her own and that you can work together to find solutions to problems.

Who can help?

- ▶ Parents
- ▶ Friends
- ▶ Health professionals

We should not be ashamed of specialists/help because people who care about us are there to help us and mental health is a very important element of our lives.





Erasmus+

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