



Say what's on your mind: Youth and Mental Health Awareness

***FIRED UP WITH HOPE
WORKSHOP 1***



World Health Organization
lists mental health in
adolescence as a top global
health priority.

YOUTH OF TODAY

- One in six people are aged 10–19 years.
- Mental health conditions account for 16% of the global burden of disease and injury in people aged 10–19 years.
- Half of all mental health conditions start by 14 years of age but most cases are undetected and untreated (1).
- Globally, depression is one of the leading causes of illness and disability among adolescents.
- Suicide is the third leading cause of death in 15-19-year-olds.
- The consequences of not addressing adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.



BUILDERS

AGED 71+



BABY BOOMERS

AGED 52-70



GENERATION X

AGED 37-51



GENERATION Y

AGED 22-36



GENERATION Z

AGED 7-21

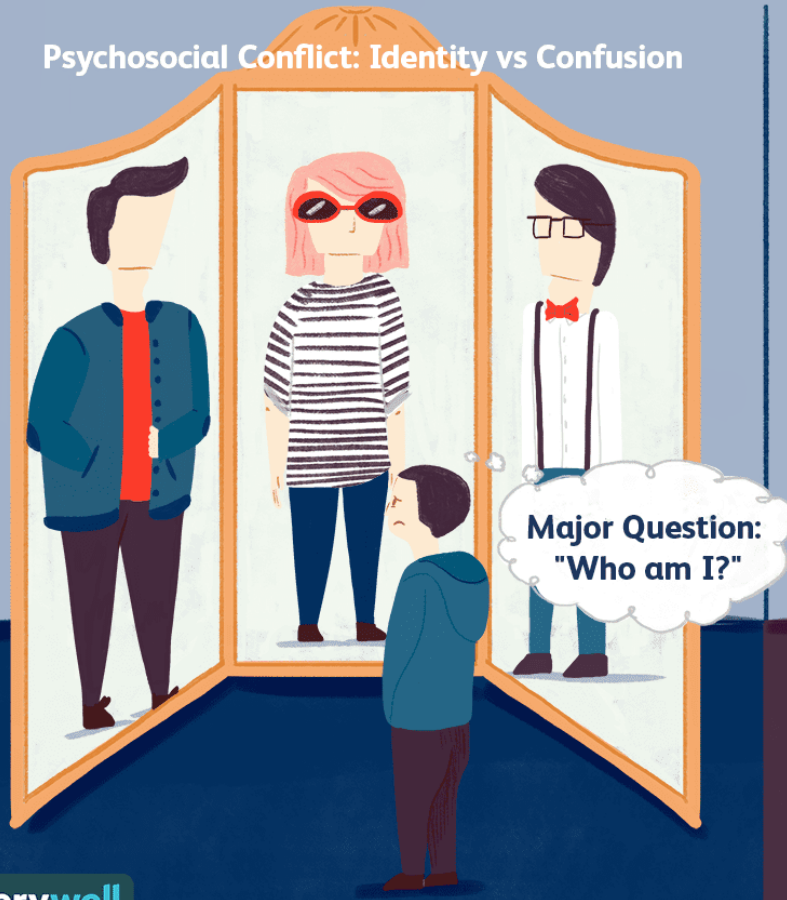


GENERATION ALPHA

AGED UNDER 7

Adolescent Psychosocial Development

Psychosocial Conflict: Identity vs Confusion



Basic Virtue: Fidelity



Important Event: Social Relationships

Psychosocial Development in Young Adulthood

Psychosocial Conflict: Intimacy vs. Isolation



verywell

Basic Virtue: Love



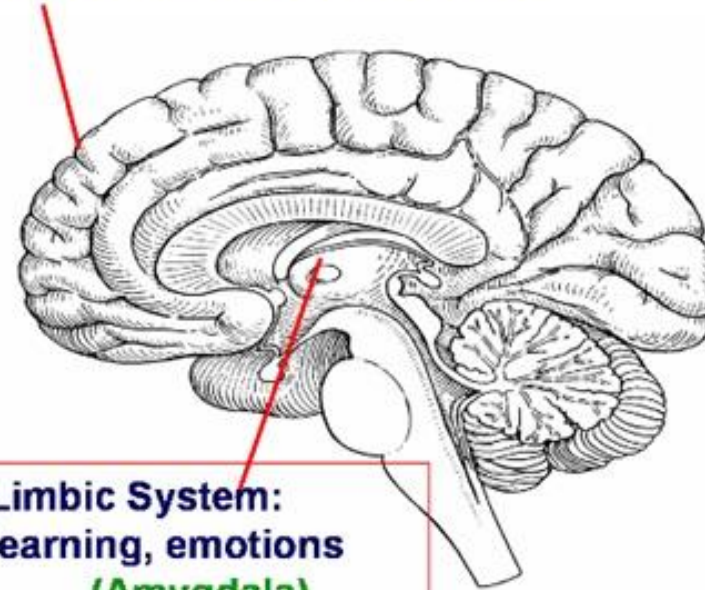
Important Event: Romantic relationships

ADOLESCENT'S BRAIN

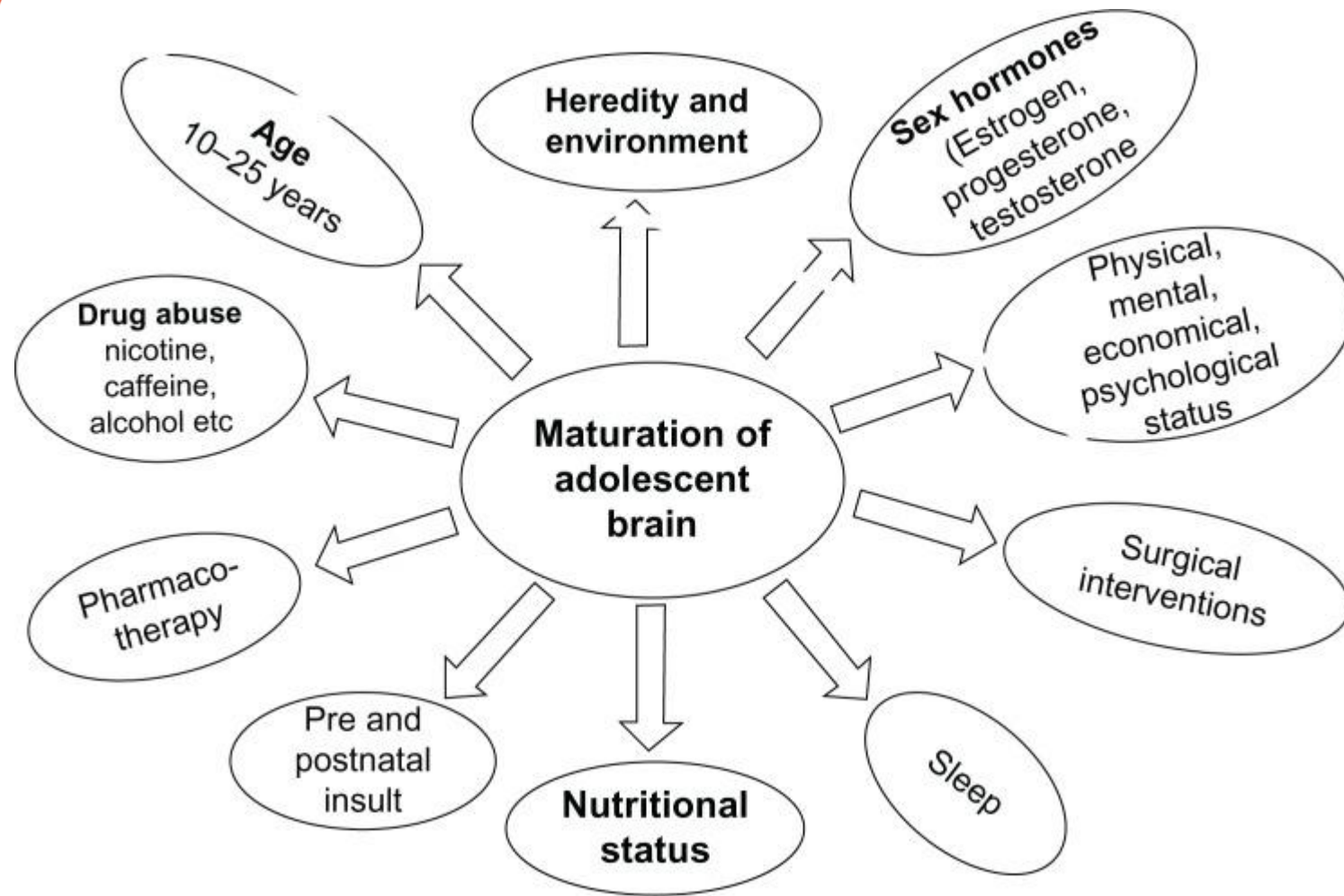
Brain maturation occurs during adolescence. Adolescents' brains supporting cognitive and emotional control of behavior are still “under construction”.

Adolescents have
immature
limbic system and
prefrontal cortex

Frontal Cortex:
decision-making, self-control



Limbic System:
learning, emotions
(Amygdala)



MENTAL HEALTH

Mental health affects the way people think, feel and act.

Mental wellness is a positive state of mental health.

MENTAL ILLNESSES

Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these).

MENTAL ILLNESSES

Mental illnesses are chronic disruptions in the neural circuits of the brain.

MENTAL ILLNESSES

Mental illnesses can affect how well kids and youth do in school and how they form relationships with other kids and adults.

YOU MIGHT NEED HELP IF YOU:

- Often feels anxious or worried
- Has very frequent tantrums or is intensely irritable much of the time
- Has frequent stomach aches or headaches with no physical explanation
- Is in constant motion, can't sit quietly for any length of time
- Has trouble sleeping, including frequent nightmares
- Loses interest in things he or she used to enjoy
- Avoids spending time with friends
- Has trouble doing well in school, or grades decline
- Fears gaining weight; exercises, diets obsessively

YOU MIGHT NEED HELP IF YOU:

- Has low or no energy
- Has spells of intense, inexhaustible activity
- Harms herself/himself, such as cutting or burning her/his skin
- Engages in risky, destructive behavior
- Harms self or others
- Smokes, drinks, or uses drugs
- Has thoughts of suicide
- Thinks his or her mind is controlled or out of control, hears voice

RISK FACTORS:

- Young people with a family history of mental illness
- New immigrants
- Young people who've gone through a major life change such as moving to a new city or new school
- Young people who have faced or witnessed trauma, including abuse
- Young people with substance use problems

Effective treatments exist and may involve a combination of psychotherapy and medication for those youth who are experiencing mental illnesses.

WAYS ON HOW TO SUPPORT YOUTH WHO ARE EXPERIENCING MENTAL HEALTH ISSUES

- Prevention
- Early identification of problems
- Early intervention
- Treatment and management.

Mental health promotion and prevention interventions aim to strengthen individuals' capacity to regulate emotions, enhance alternatives to risk-taking behaviours, build resilience into difficult situations and adversities, and promote supportive social environments and social networks.

- Navigate successfully the complexities of life.
- Develop fulfilling relationships most especially with family and friends.
- Adapt to change.
- Utilize appropriate coping mechanisms to achieve well-being without discrimination.
- Realize their potential.
- Have their needs met.
- Develop resilience and skills that help them navigate the different environments they inhabit.
- Have a deep and personal relationship with God.
- Have a support system such as the community.

Religion and spirituality can:

- Serve as sources of strength and coping during times of stress and illness
- Serve as the basis for family values
- Contribute to moral and social development

Clinical needs and spiritual concerns are often intertwined among people of faith. Thus, we have to identify if it is a clinical concern or a spiritual concern.

If you are the one helping
and guiding the youth with
mental illness, the call for
us is to see the person and
not the illness.

HOTLINES:

- **HOPELINE** - (02)8969191 / 09178549191
- **UPD Psycserv** - 09063743466 / 09167573157
- **Philippine Psychiatric Association** - 09189424864
- **National Center for Mental Health Crisis Hotline** - 09178998727, (02)79898727
- **Ateneo Bulatao Center** - (02) 84265982
- **In Touch Community Services** - 09178001123, 09228938944, (02)88937603

Connect with us to know more about faith, family and life.

LIVE LIFE



LCSCLiveLife



lcsclivelife@gmail.com



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