

# Youth Mental Health



- ❑ Global estimate: About 20% of youth experience a mental-health condition each year, most commonly depression or anxiety (UN, 2002)
- ❑ Three-fourths of life-time instances of mental health disorders have an onset by 24 years of age (NIMH, 2005)
- ❑ Two main causes of years lost due to disability/poor health in 10-24 years old: Neuropsychiatric disorders and Injuries (Gore & Colleagues, 2011)
- ❑ One in four families are affected by mental health disorders in some way. (WHO, 2001)
- ❑ Suicide : Second leading cause of death in 15-29 years old (Patel et.al, 2012)
- ❑ 2/3 of people with a known mental disorder never seek help from a health professional (WHO, 2001)

## A few research findings from India

- Only 47% of college youth (18-30 year) reported that they did not find experience of anger as problematic issue (Mehrotra et.al CSIR report, 2014)
- 32% of UG students had scores above the cut-off on a tool to identify significant psychological distress (Kapanee & Rao, 2007)

- Rate of Non-Suicidal Self-Injury in a 1-year period among a community sample of Indian college students was 31.2%. Global estimates range between 11.7% and 46.5%. Use of more severe methods of self-injury was linked with greater distress and substance use (Kharsati & Bhola, 2014)

- Overall prevalence of depression noted: 16.5% in a sample of medical and engineering college -students.
- Risk factors observed : Break-up with close friend, parental conflicts, family history of depression (Kaur & Lal, 2014)

Rates vary depending on the study-method. But the bottom-line?

**Mental health problems are fairly common in youth .**

**Effective methods of intervention are available for mental health problems.**