

Youth Mental Health

Prevalence of mental health problems in young age

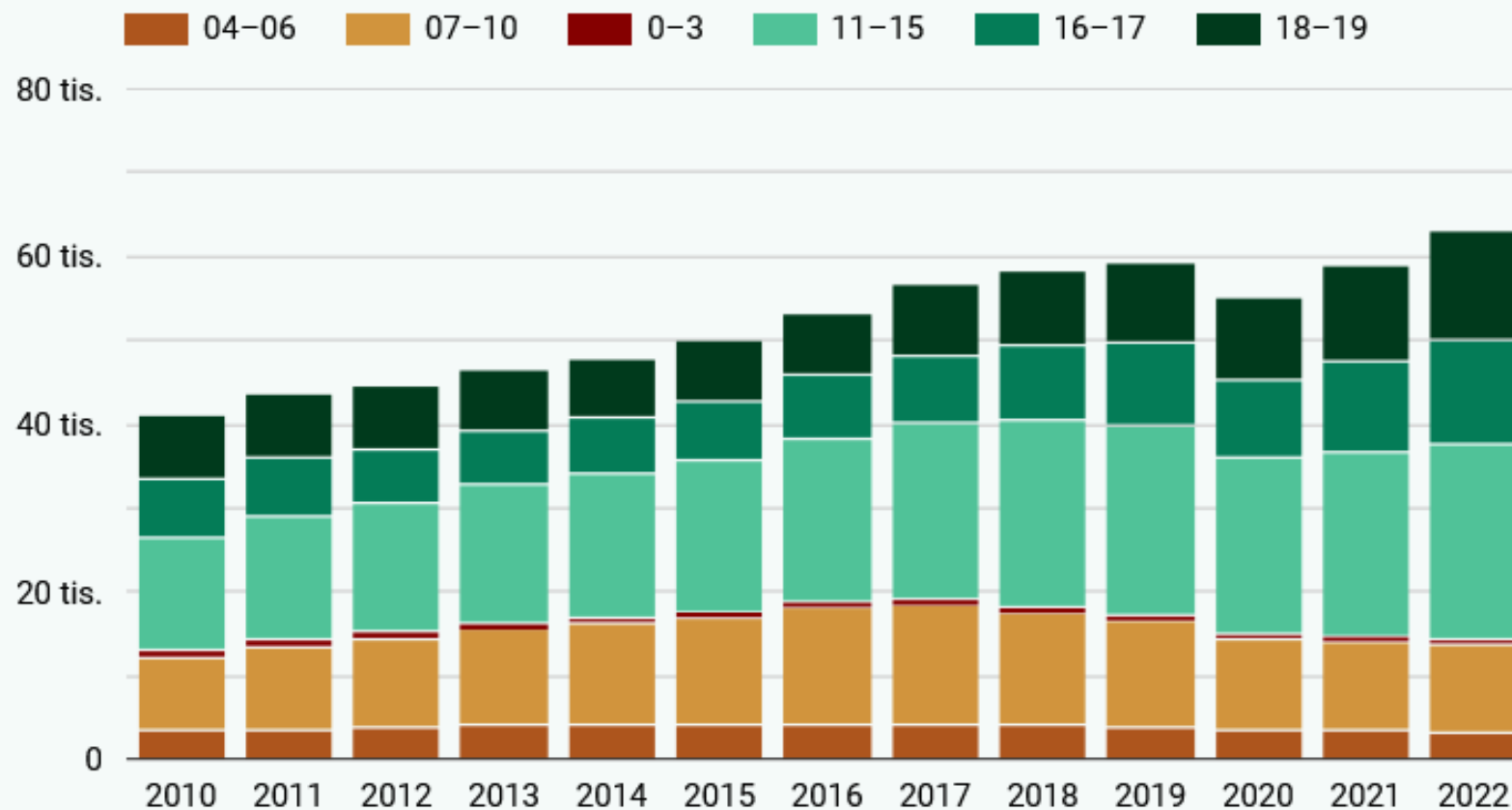


Population surveys vs. healthcare registers

Population surveys vs. healthcare registers

National health care registers

Počet ambulantně léčených psychiatrických pacientů do 20 let v jednotlivých letech:



Population surveys vs. healthcare registers

CZ?

Europe



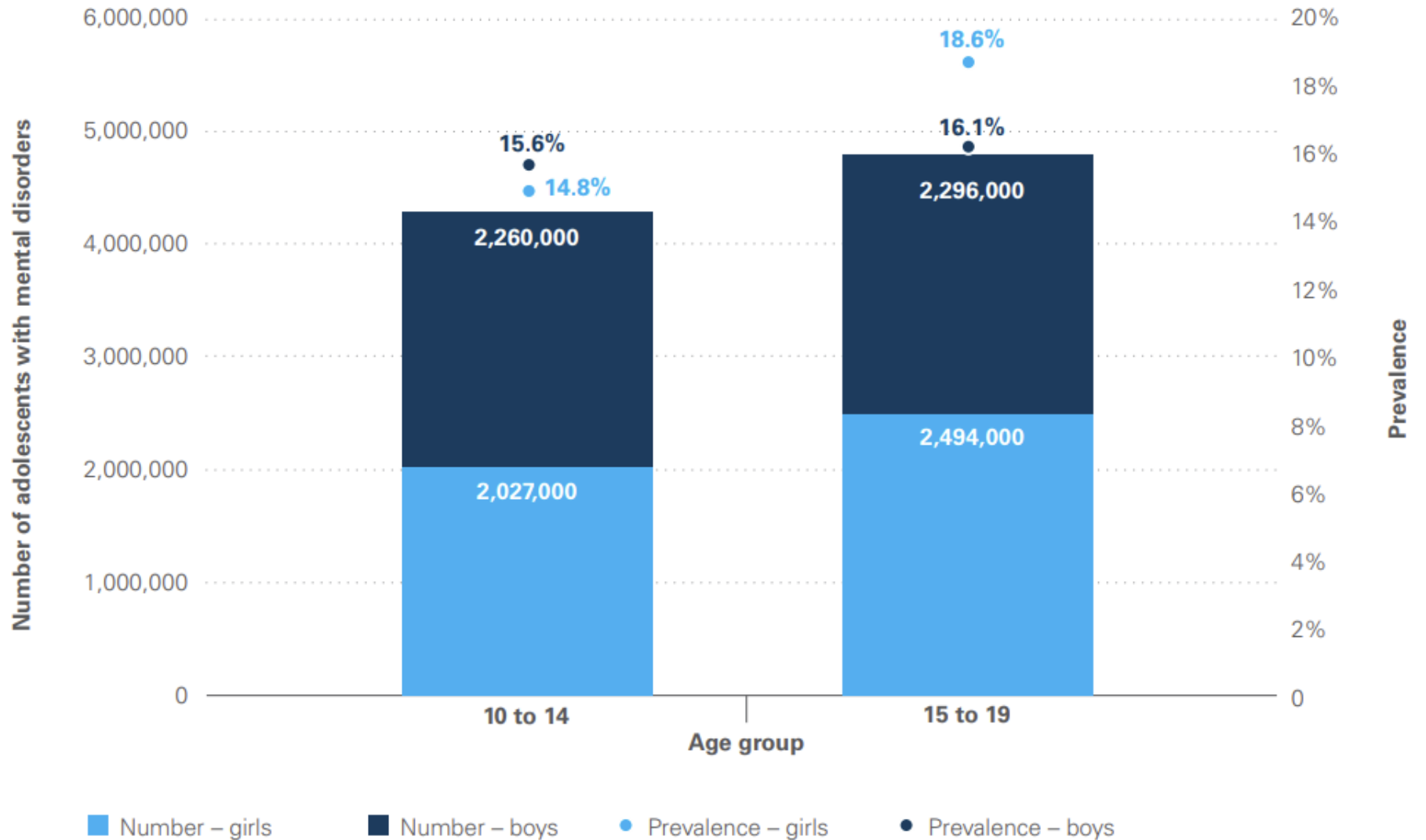
📄 Flagship report

The State of the World's Children 2021

On My Mind: Promoting, protecting and caring for children's mental health

9 million adolescents
aged 10–19 in
Europe live with a
mental disorder.

Estimated prevalence and number of adolescents with mental disorders in Europe, 2019



Did you know...?

%

1 in 5
of mental illnesses appear by the age of
24

%

1 in 5
of mental illnesses appear before the
age of 14

Burden



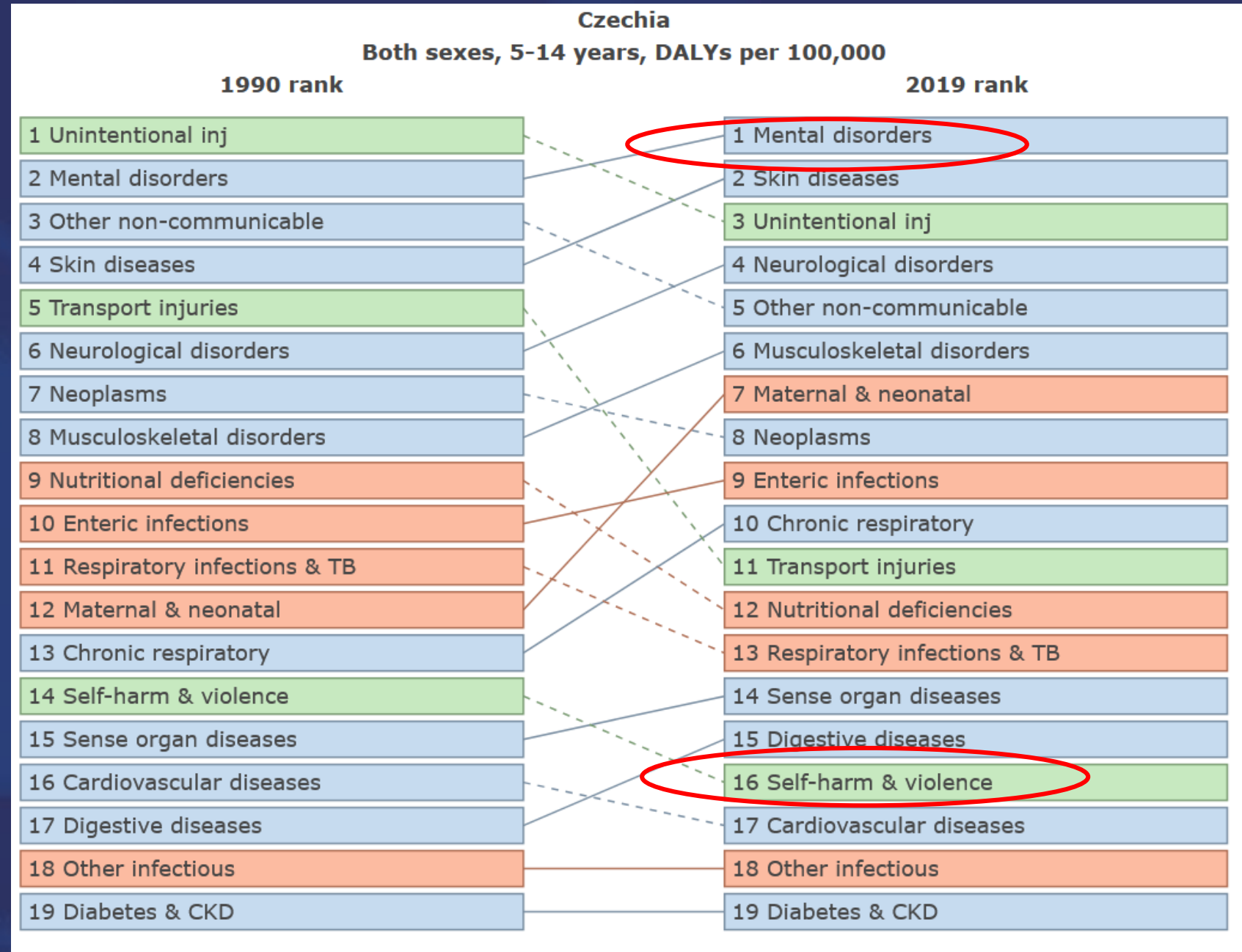
$$DALY = YLD + YLL$$

DALY

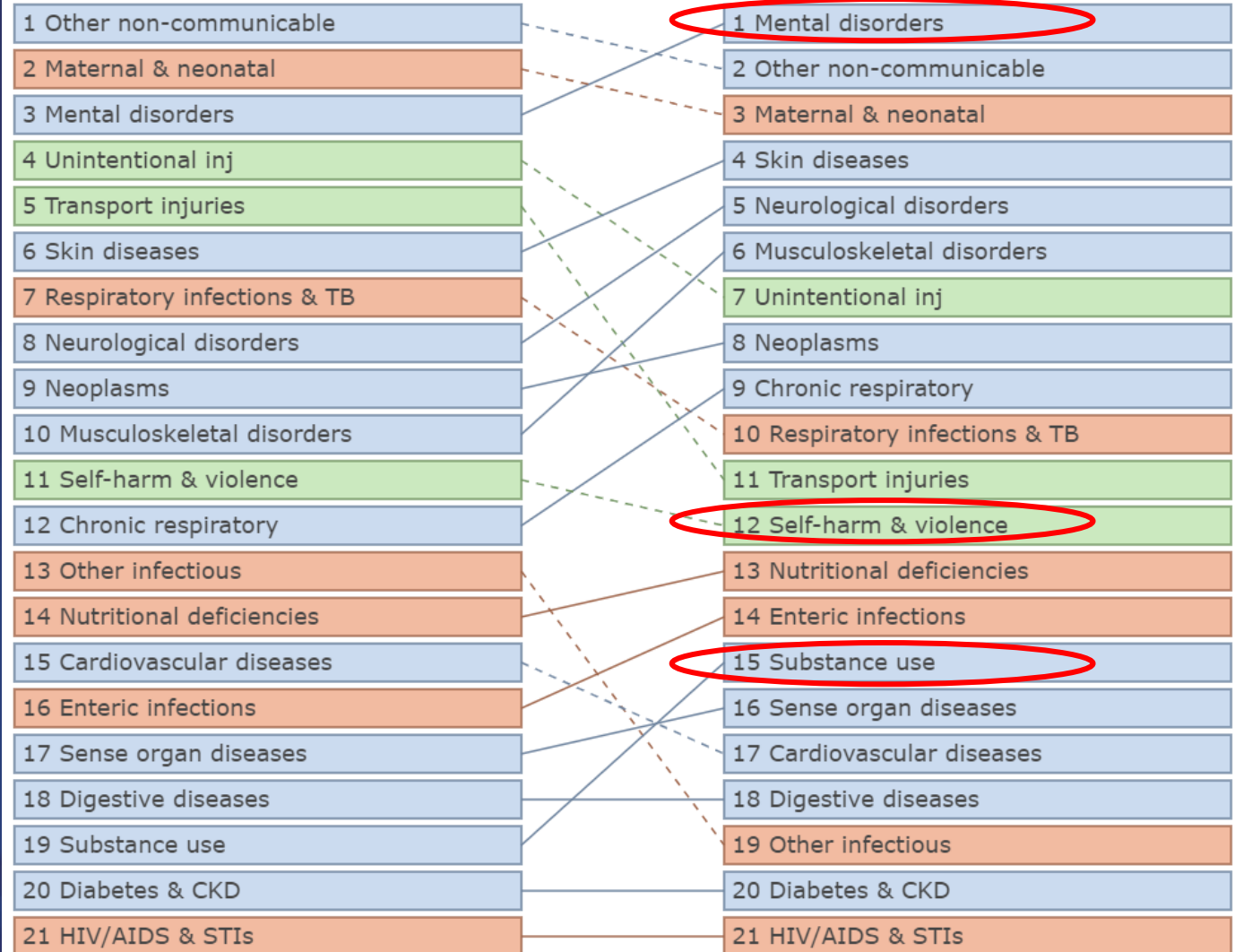
Disability Adjusted Life Year is a measure of overall disease burden, expressed as the cumulative number of years lost due to ill-health, disability or early death

$$= \begin{matrix} \text{YLD} \\ \text{Years Lived with Disability} \end{matrix} + \begin{matrix} \text{YLL} \\ \text{Years of Life Lost} \end{matrix}$$





European Union
Both sexes, <20 years, DALYs per 100,000
1990 rank 2019 rank



Suicides



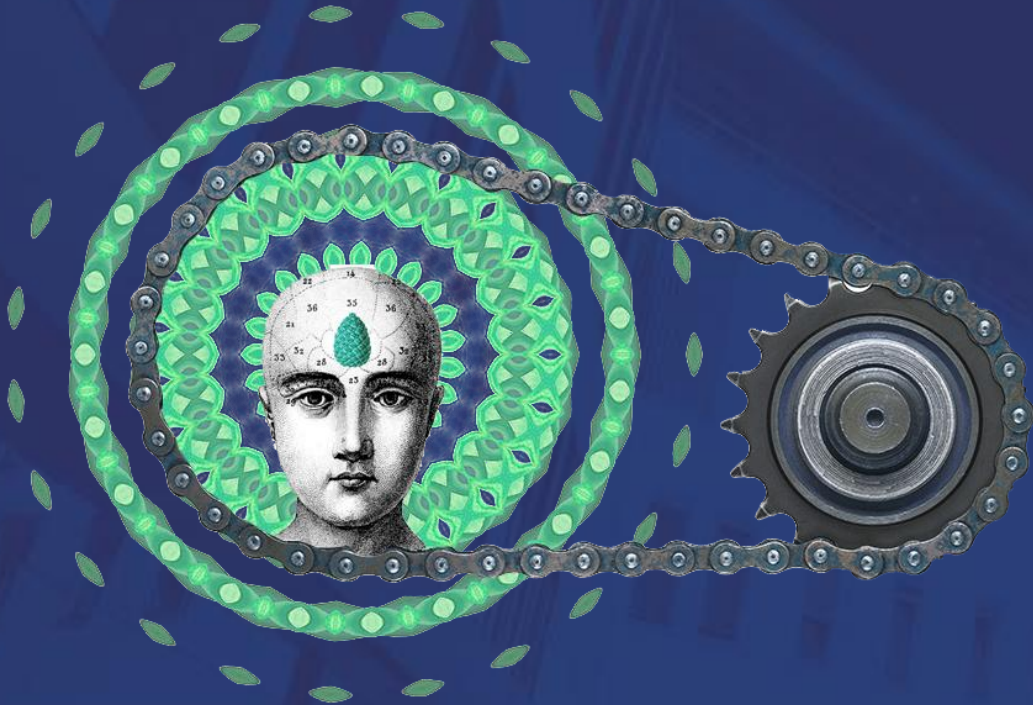
	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Úmyslné sebepoškození	1 577	1 489	1 387	1 318	1 397	1 352	1 191	1 224	1 221	1 302
10-14y	7	2	7	0	2	4	7	4	5	3
15-19y	41	34	21	37	44	37	27	24	30	39
20-24y	82	61	56	63	54	70	51	43	48	65
MEZISOUČET CAMH	130	97	84	100	100	111	85	71	83	107
25-29y	102	99	82	80	92	66	71	77	64	70
30-34y	96	84	89	91	105	96	72	78	68	86
35-39y	152	136	112	106	101	101	90	84	90	87
40-44y	141	137	133	126	155	139	101	112	99	102
45-49y	147	139	126	117	102	114	106	106	119	148
MEZISOUČET ADULTS	638	595	542	520	555	516	440	457	440	493
50-54y	153	149	119	128	136	121	86	94	114	97
55-59y	169	147	126	102	120	111	94	111	98	108
60-64y	138	118	138	111	123	94	112	101	82	81
65-69y	99	107	106	115	110	109	105	86	85	107
MEZISOUČET LATE ADL	559	521	489	456	489	435	397	392	379	393
70-74y	85	99	83	77	82	95	100	99	121	98
75-79y	58	68	71	72	47	87	73	85	89	83
80-84y	52	54	72	53	61	50	43	62	55	66
85-89y	36	37	34	27	51	44	32	41	34	43
90-94	18	16	12	11	10	13	19	13	15	16
95+	1	2	-	2	2	1	2	4	5	3
MEZISOUČET SENIOR	250	276	272	242	253	290	269	304	319	309

Societal context and psychosocial stressors





Determinants of mental health



1. Biological factors

- Genetics, neuro-biochemistry, hormonal changes, health state

2. Psychological factors

- Personal characteristics, coping strategies, cognitive capacities, education

3. Social factors

- Family relationships, social capital and support, economic situation, social milieu

4. Environmental factors

- Life conditions, working conditions, environment

5. Cultural and societal factors

- Norms and values, stigma and discrimination



Psychosocial tasks in pube/adolescence

1. Identity Formation

- Self-concept – Understanding who I am and what my goals are, experimenting
- Values – Developing a personal value system

2. Coping with Physical Changes

- Body Image – Adapting to physical changes and accepting a new self-image
- Sexuality

3. Development of Autonomy and Independence

- Self-confidence and Self-assurance
- Separation from Parents; Peer Relationships

4. Social Interaction

- Development of deeper and more intimate relationships => reciprocal influence
- Peer Pressure – Ability to cope with pressure and resist negative influences

5. Future Planning

- Education and Career
- Financial Responsibility

6. Development of a Moral and Ethical Framework

7. Emotional Regulation

- Managing Emotions
- Resilience

What can we do?





- School mental health
- Digital mental health
- Community and family involvement
- Public health campaigns
- Policy and funding
- Addressing societal, cultural and environmental factors

MH in schools



Social, emotional and mental wellbeing in primary and secondary education

NICE guideline [NG223] Published: 06 July 2022

Guidance

Tools and resources

Information for the public

Evidence

History

Overview

Recommendations

Recommendations for
research

Rationale and impact

Context

Finding more information
and committee details

Update information

Guidance

[Download guidance \(PDF\)](#)

Next >

This guideline covers ways to support social, emotional and mental wellbeing in children and young people in primary and secondary education (key stages 1 to 5), and people 25 years and under with special educational needs or disability in further education colleges. It aims to promote good social, emotional and psychological health to protect children and young people against behavioural and health problems.

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Recommendations

[1.1 Whole-school approach](#)

[1.2 Universal curriculum content](#)

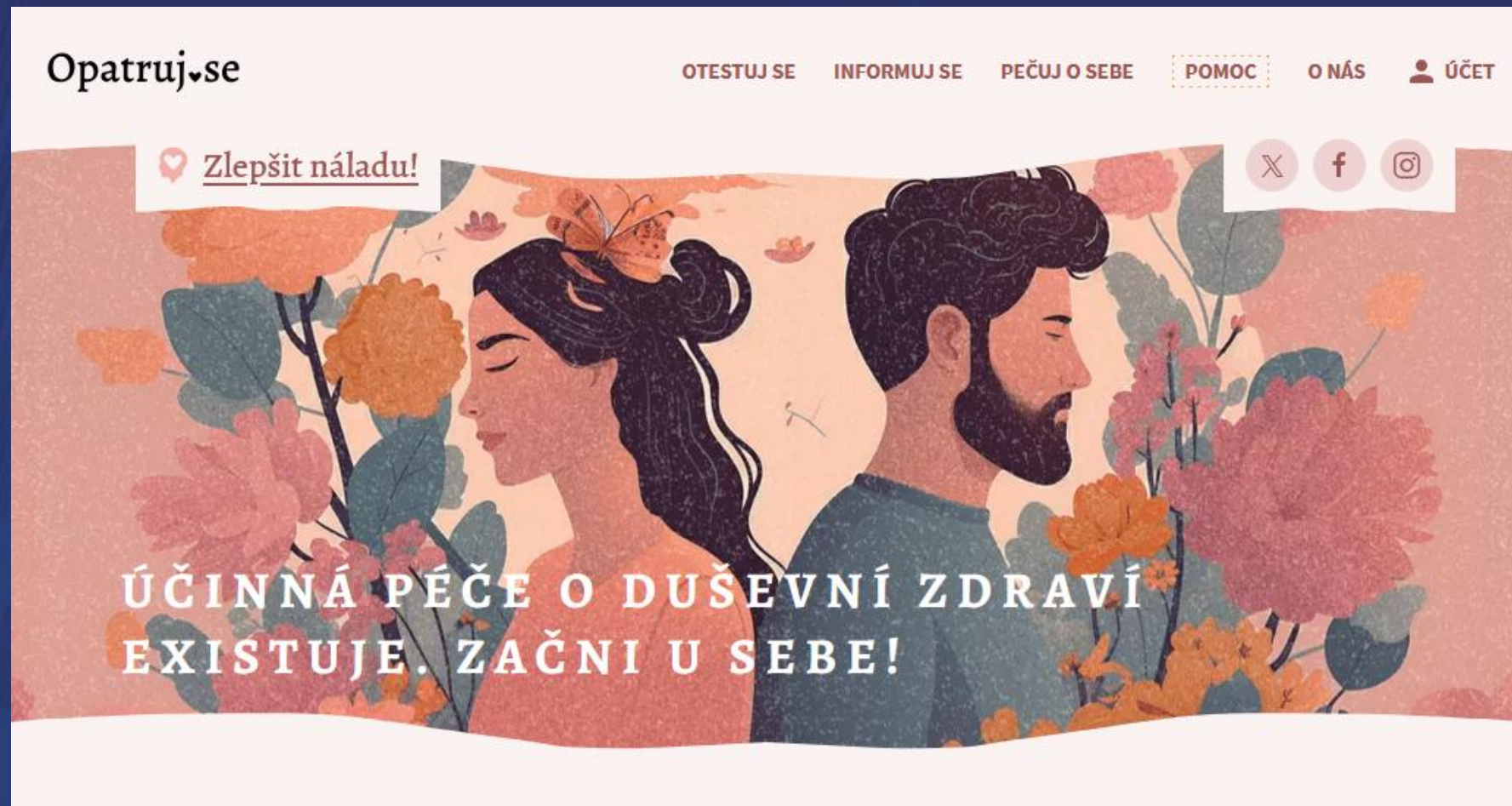
[1.3 Identifying children and young people at risk of poor social, emotional and mental wellbeing](#)

[1.4 Targeted support](#)

[1.5 Support with school-related transitions and other life changes](#)

[Terms used in this guideline](#)

Digital mental health

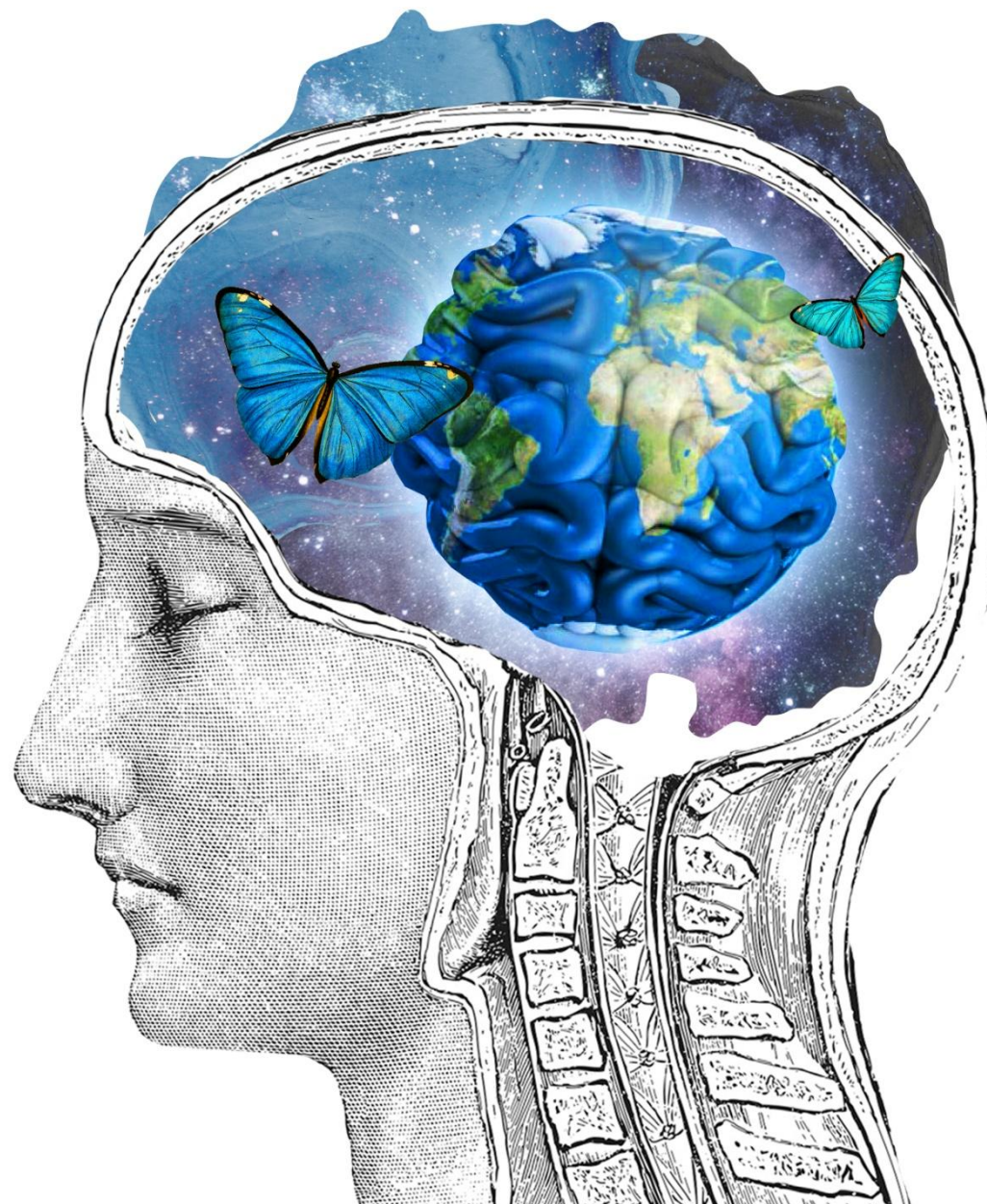


Take-home messages

- Youth face enormous psychosocial pressure => negative impact on their mental health => negative impact on society
- Specialized MH services cannot cope with ever increasing demand
- Systems of effective promotion, prevention, early detection and early intervention needed – schools are a key partner
- Robust evidence on effectiveness of such services
- Effective programs and tools to support your own mental health and to support those around you

NIMH

NATIONAL INSTITUTE
OF MENTAL HEALTH



Population surveys vs. healthcare registers