

# Youth & Young Adult Mental Health

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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

Suicide is the fourth leading cause of death in  
15-19-year-olds.

Mental health and emotional disorders can happen to anyone, even the individuals you would least expect.

Many factors can place youth at a greater risk for developing issues such as socioeconomic status, trauma in the home, harsh parenting, bullying, adopting from a parent or close peer, gender and sexual identity struggles and more.

# Mental Health and the Current Cultural Climate

Teenage Mental Health Has Been  
Significantly Impacted



# An Increase In:

Depression

Anxiety

Suicidal Thoughts

Suicidal Attempts

Eating Disorders

So How Do We Identify Those  
Who Are Not Coping Well?

- Not taking care of yourself.
- Messy house, messy room.
  - Outbursts of anger.
  - Highly sensitive.
  - Habitually late.
- Dropping out of things they once loved.
  - Withdrawing from people.
  - Quick/excessive weight gain or loss.
  - Increased substance abuse.
- Increased sexual activity or risky behaviour.

Treating The Symptoms  
vs  
The Cause

Teenagers Need Boundaries

It's not helpful to put  
your emotions on to them.

Someone struggling with a mental health crisis  
may feel like a “burden” and  
may try to push you away.

Create time for an honest conversation with no reaction. This can include sharing what you can do better to help support them.



Allow them to help make decisions and feel like they are making an impact and their voice matters.

No one wants to feel like a project.

What can you do for someone else?

Respond when someone reaches out

Take time building trust and relationship.

Show them what vulnerability looks like.

Ask the hard questions.

It is not your job to heal someone.

Listen well.



Have resources available  
and support them in accessing them.

What You Can Do For Yourself.

Set boundaries for yourself.

Know mental health can be  
a long road to recovery.

Adequate sleep, proper nutrition  
and doing what things you love.

Finding faith, helping to bring a greater meaning to challenging circumstances.

Reach out to friends and  
speak to a therapist if needed.

