



Bringing you snippets of global youth trends and issues compiled from diverse sources such as news reports, journals and press releases. Y+ is an e-newsletter that aims to help you stay in touch with the constantly evolving youth scene.

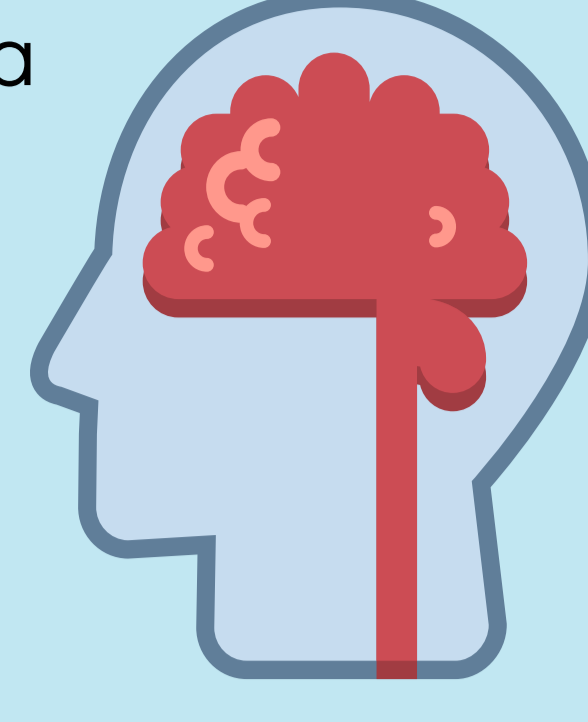
Brought to you by the Research team at NYC!

Youths & Mental Health

IN THIS ISSUE OF Y+

Mental health is an integral and essential component of health. It relates to how youths think, feel and act as they cope with their lives. The rise in the rates of mental health issues among youths is a matter of concern. Studies suggest that youths struggle with depression, anxiety and other mental health disorders like self-harm. Addressing psychological well-being among youths is critical to helping them to thrive through adolescence and into adulthood.

Locally, findings from the latest Singapore Mental Health Study found that 1 in 7 people in Singapore have experienced a mental disorder, with a higher prevalence found among those aged between 18-34 (SMHS 2016, IMH). There is a need to understand what are the contributing factors, while working to directly address to improve mental health among youths.



DID YOU KNOW?

Mental Health

A state of well-being in which every individual realises his or her own potential, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her own community.¹

Health conditions involving changes in emotions, thinking or behaviour, commonly associated with distress and/or problems functioning in social, work or family activities.²

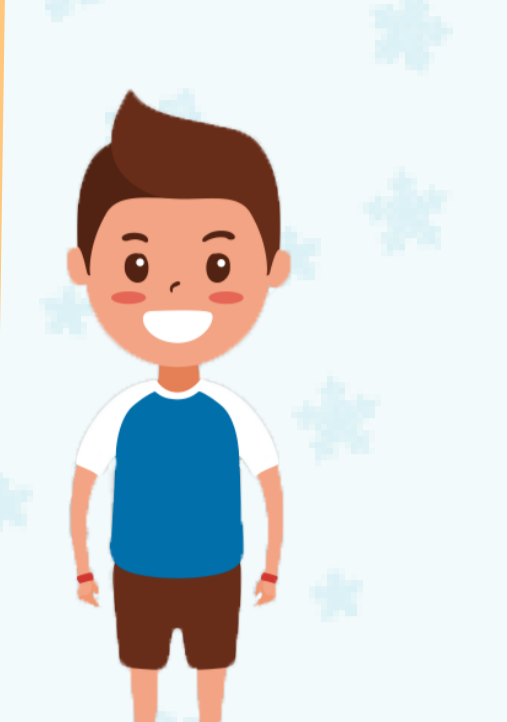
Mental Illness

¹ World Health Organisation, 2014

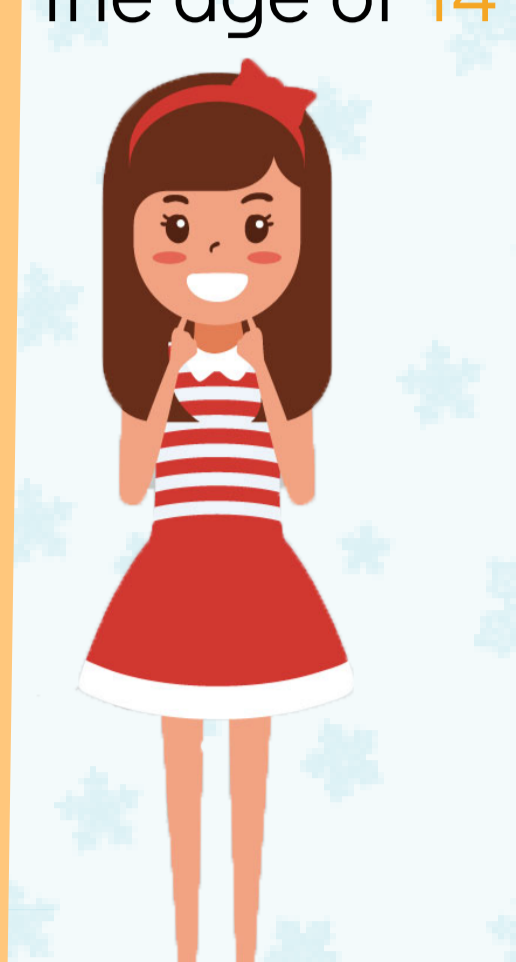
² American Psychiatric Association

Mental health problems starts at an early age.

1/10 children aged 5-16 have a diagnosable condition



1/2 of all mental health problems are established by the age of 14



3/4 of all mental health problems are established by the age of 24

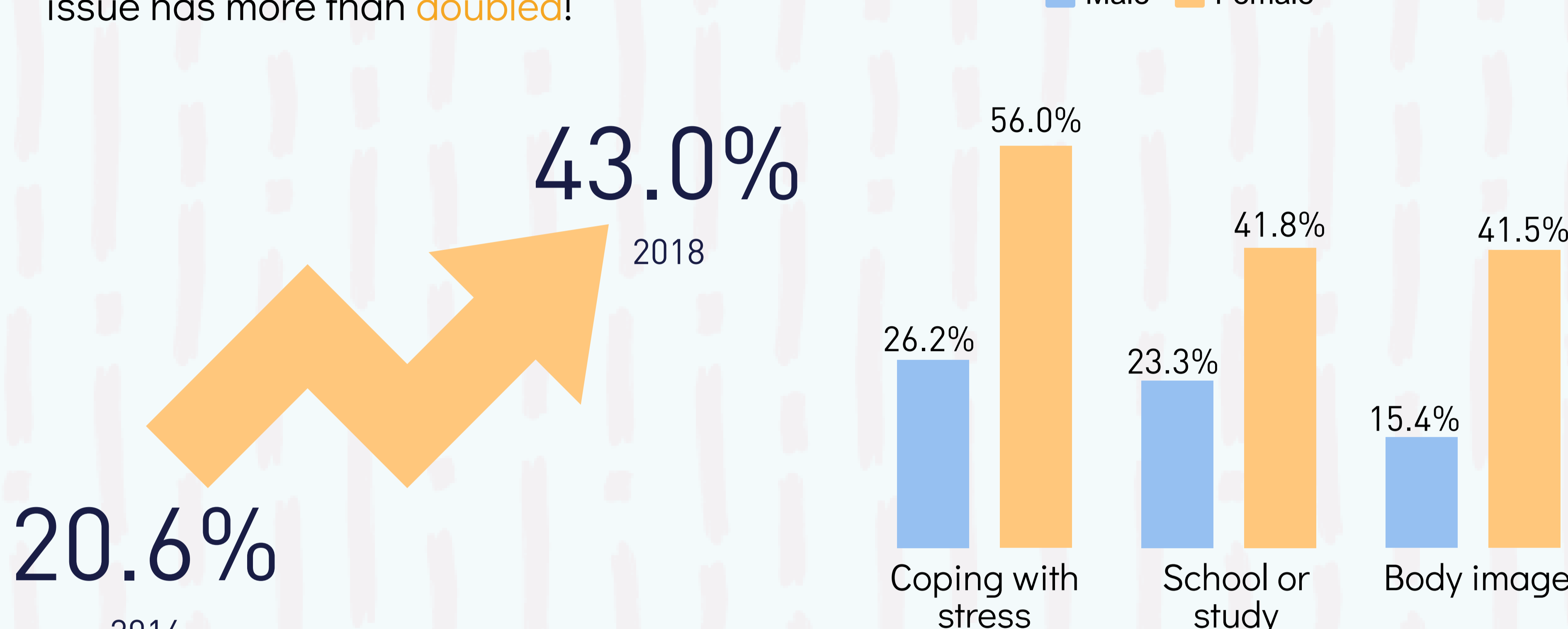


BBC News, 4 December 2018

MENTAL HEALTH IS A GROWING CONCERN

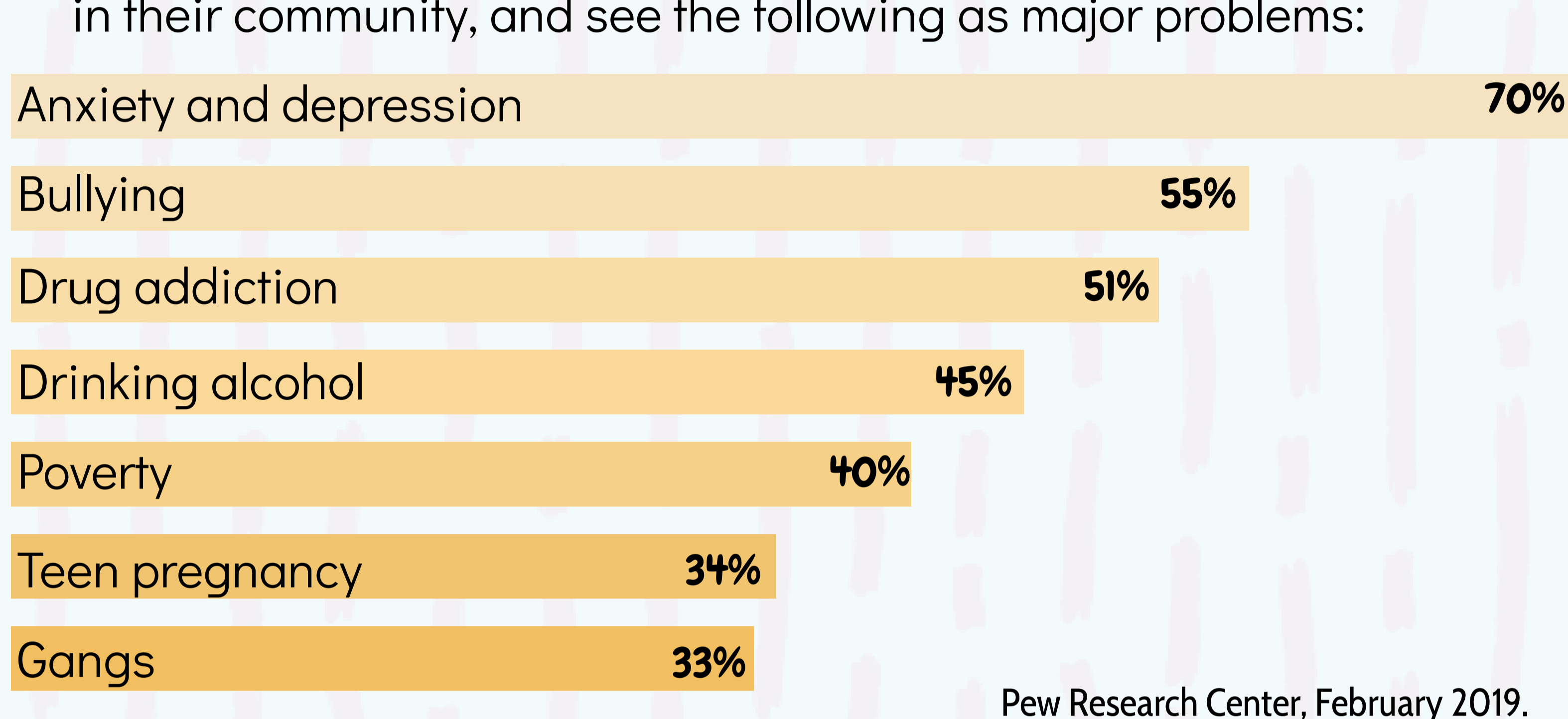
Between 2016 and 2018, the rate of Australian youths (aged 15-19) who indicated mental health as an important issue has more than **doubled!**

They also cited the following as their **top 3** personal concerns:



Youth Survey Report 2018, Mission Australia.

Meanwhile, **seven-in-ten teens** (aged 13-17) in America felt that mental health is a significant issue in their community, and see the following as major problems:



Pew Research Center, February 2019.

EMOTIONAL DISORDER AMONG YOUNG PEOPLE ON THE RISE

Emotional disorder (e.g. anxiety disorder, depressive disorders, mania and bipolar effective disorder) is a growing problem.

27% of Gen Z (aged 18 to 21) is significantly more likely to report that their mental health is poor.

9 in 10 Gen Zs have experienced one of the following symptoms due to stress:

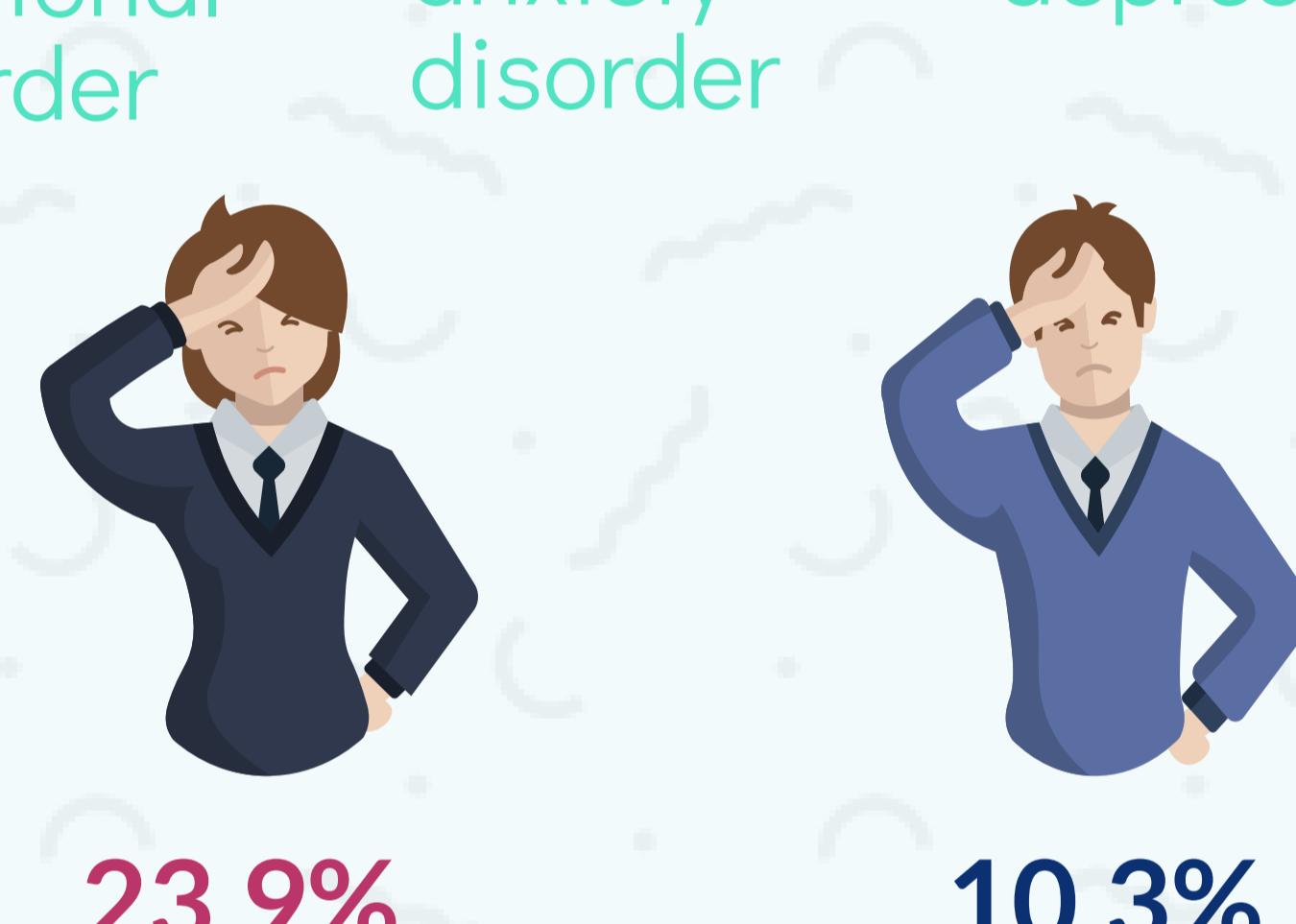
- 68%** laying awake at night
- 58%** eating too much
- 58%** feeling depressed or sad
- 55%** lack of interest, motivation or energy
- 54%** feeling nervous or anxious

However, they are less afraid to seek help for these issues.

Stress in America - Generation Z, October 2018, American Psychological Association

17% of young people aged 17 to 19 years old in England had a mental disorder.

14.9% diagnosed emotional disorder
13.1% identified with anxiety disorder
4.8% identified with depression



23.9%

10.3%

Girls were **more than twice** as likely as boys to have a disorder

Mental Health of Children and Young People in England, November 2018, NHS Digital

WHAT ARE YOUNG PEOPLE STRESSED ABOUT?

Common stressors for Gen Z include:



Stress in America - Generation Z, October 2018, American Psychological Association

BEWARE. EXCESSIVE USE OF DIGITAL TECHNOLOGY MAY HARM YOUTH'S MENTAL HEALTH!

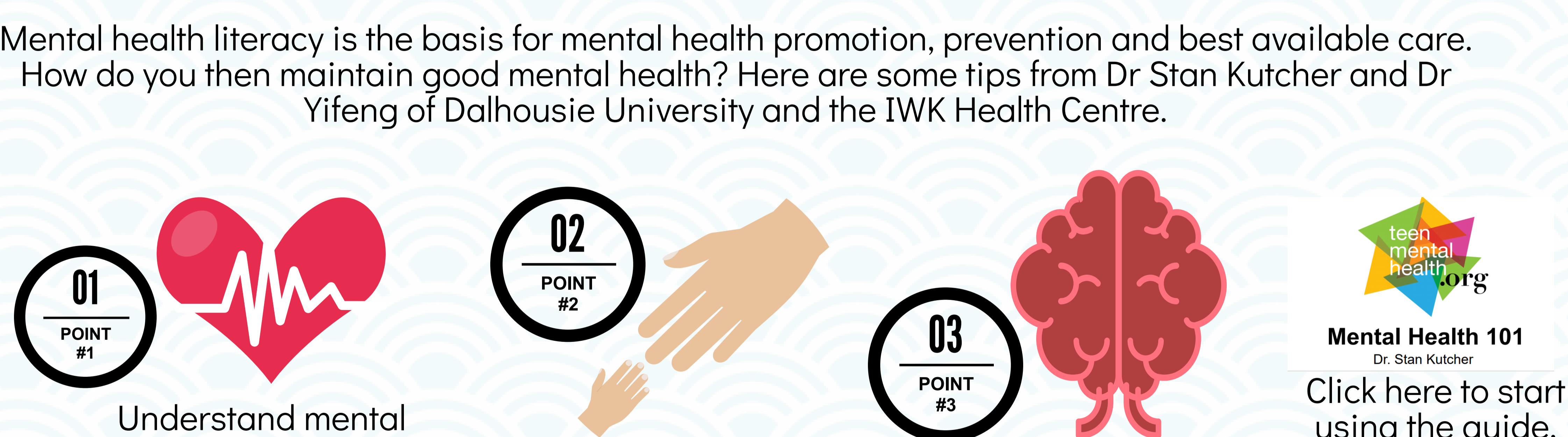
Moderate use of digital technology has benefits for mental wellbeing. However, too much use of it can have negative impact on youths' mental health. Some of the negative effects associated with excessive online use and poor mental health include the following:



Children & Young People's Mental Health in the Digital Age, Shaping the Future, OECD 2018

STRENGTHENING POSITIVE MENTAL WELLBEING

Mental health literacy is the basis for mental health promotion, prevention and best available care. How do you then maintain good mental health? Here are some tips from Dr Stan Kutcher and Dr Yifeng of Dalhousie University and the IWK Health Centre.



Mental Health & High School Curriculum Guide, Understanding Mental Health and Mental Illness.(Version 3), teenmentalhealth.org



Further Reading

- How to...provide youth-friendly mental health and well being services
- Mental Health at Work 2018 Report: Seizing the Momentum

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