YOUTH MENTAL HEALTH

Lots of young people have trouble with depression, anxiety and other mental health issues. It really helps to talk to someone. Multiple physical, emotional and social changes, including exposure to poverty, abuse, or violence, can make adolescents vulnerable to mental health problems.

COMMON MENTAL HEALTH ISSUES IN YOUTH

- Having negative emotions such as anger, hatred, body shaming
- Depression, stress and anxiety
- Bullying
- Being in a abusive relationship
- Alcohol and substance abuse
- Sexual Assault

FACTORS CONTRIBUTING TO STRESS DURING ADOLESCENCE

- desire for greater autonomy
- pressure to conform with peers
- increased access to and use of technology
- exploration of sexual identity
RISK FACTORS

Living conditions
Lack of access to quality support and services.

Stigma
Discrimination or exclusion

GETTING HELP

Strategies to improve your mental health:

Eat well
Get good sleep
Exercise regularly
Meditate or try some relaxation techniques
Learn more about your issue by attending some support group or talk to someone you trust

SEEK A DOCTOR

You can also ask your doctor or a mental health professional for advice or more mental health resources for teenagers and adolescents.

For more information on youth mental health, contact:
Mental Health Foundation Australia
www.mhfa.org.au
supportgroup@mhfa.org.au