



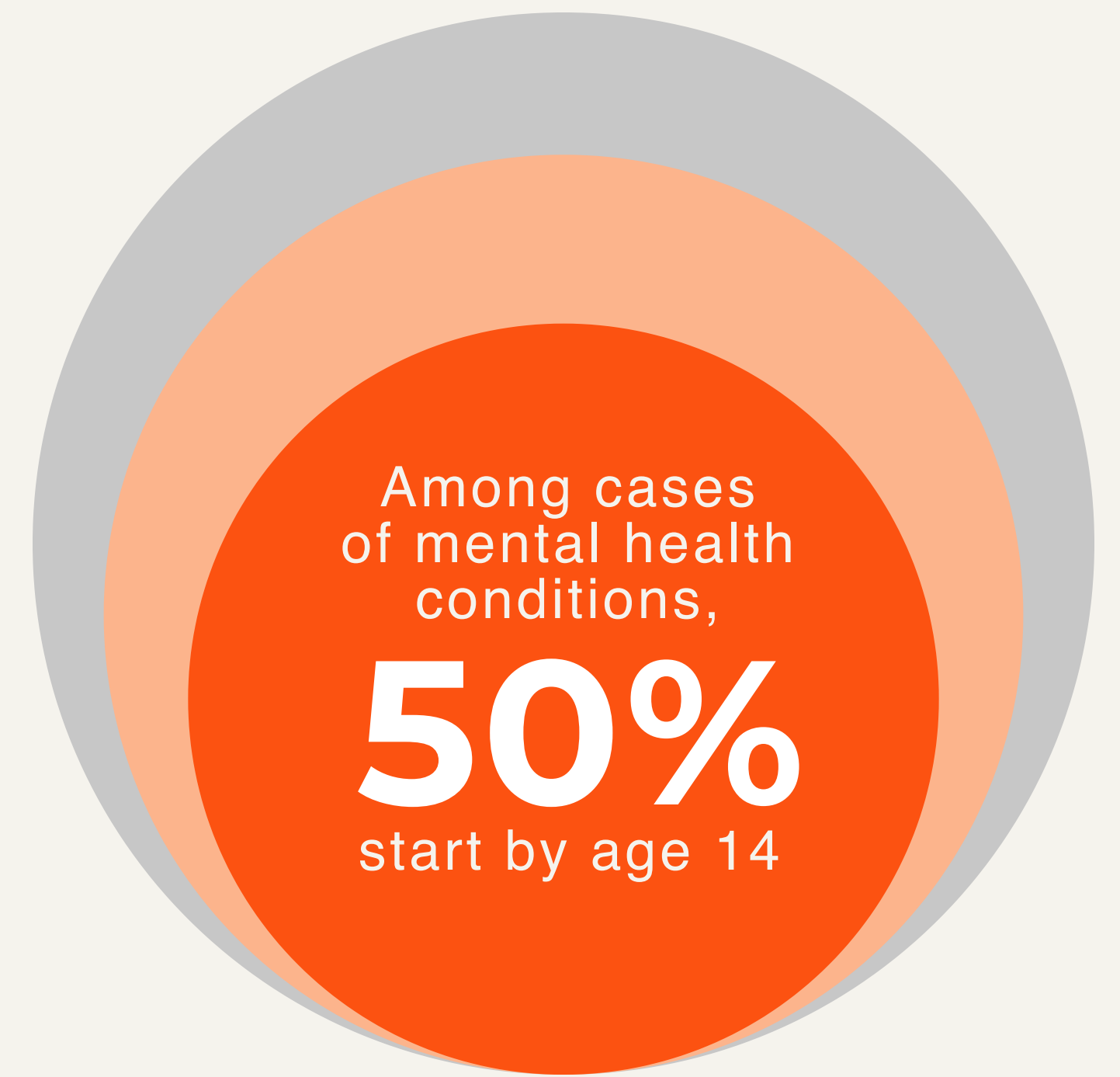
# Things You Should Know about Child & Adolescent Mental Health

## 1. THE NUMBERS

### SUICIDE

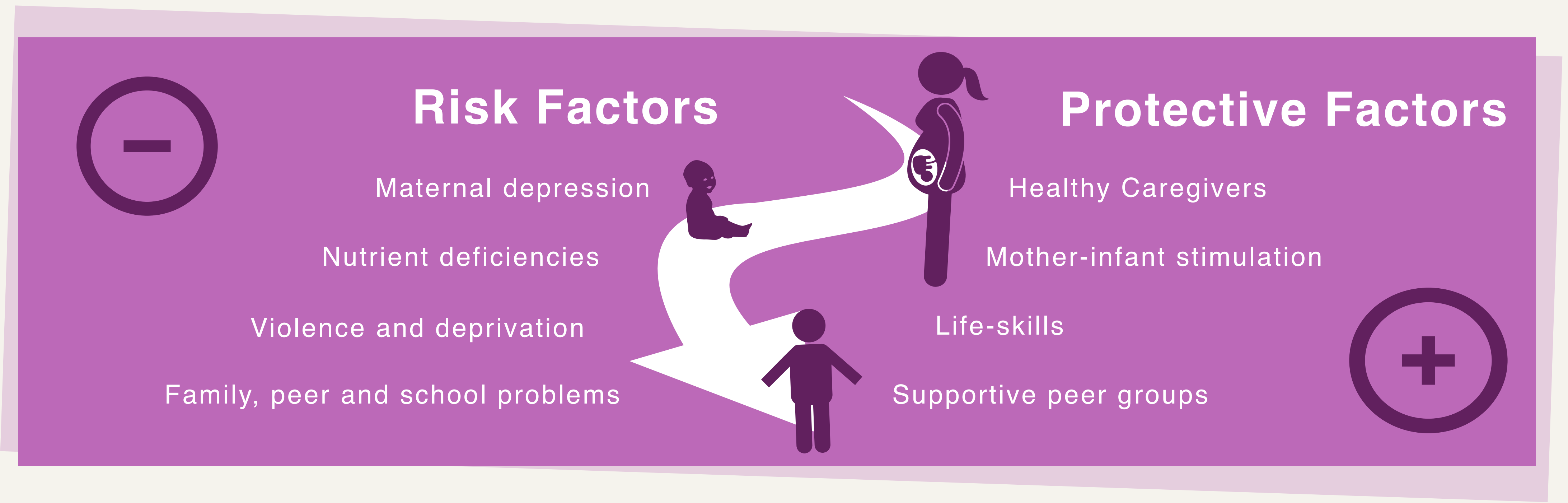
**#1** CAUSE OF MORTALITY IN YOUNG PEOPLE

**DEPRESSION** AMONG THE TOP CAUSES OF THE GLOBAL BURDEN OF DISEASE IN ADOLESCENTS **4**



■ By age 14 ■ By age 25 ■ After age 25

## 2. THE LIFE-COURSE APPROACH



## 3. THE CYCLE

Poor mental health is a **vicious cycle**.



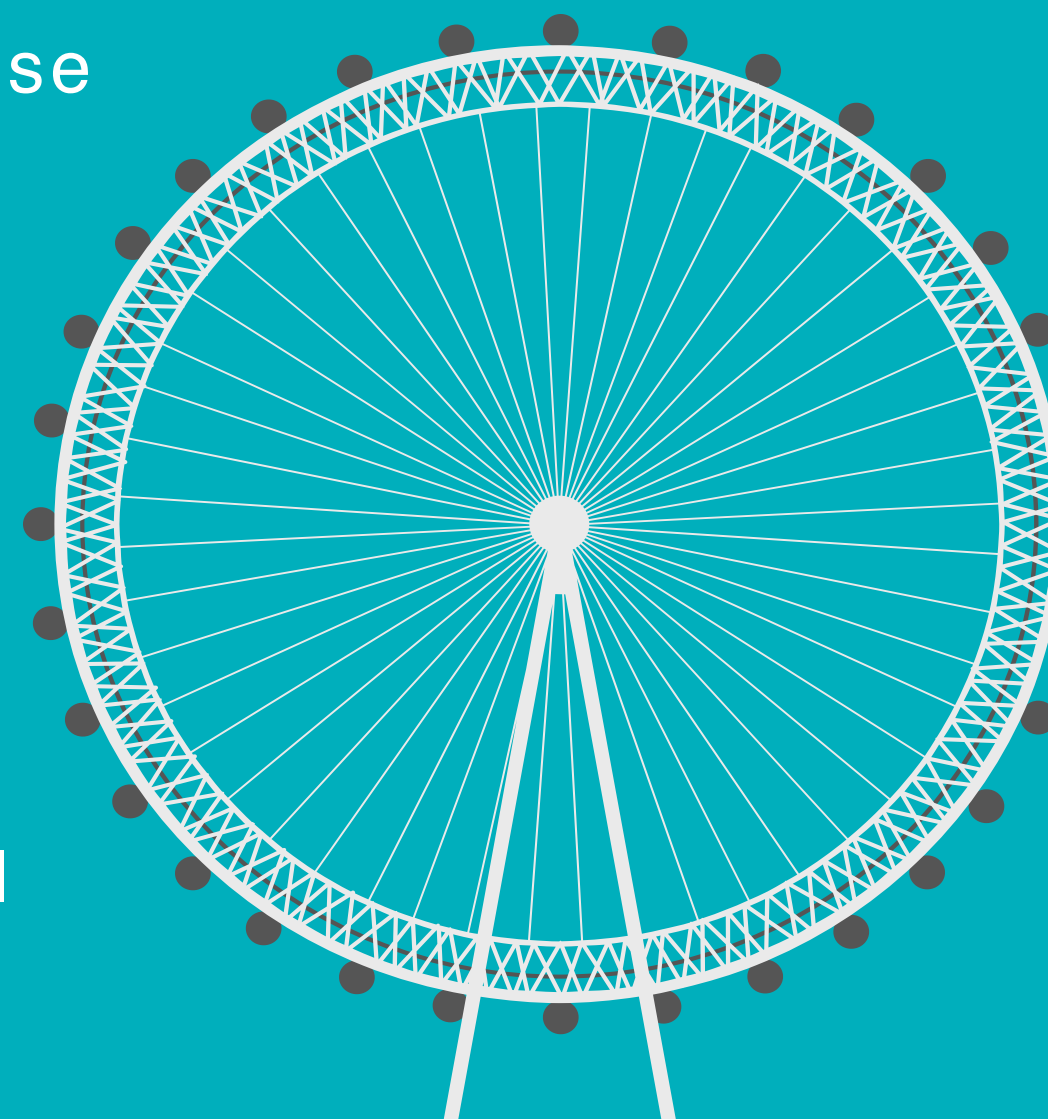
We can **break it** by addressing **risk factors** and building up **protective factors** across the **life-course**.

Alcohol and substance use

Risk-taking behaviours

Behavioural problems

Developmental problems



Onset and persistence of mental health conditions

Poor educational attainment

Reduced employment opportunities

### References:

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3. Kielsing C, et al. (2011) Child and adolescent mental health worldwide: evidence for action. The Lancet 378:9801: 1515-1525.
4. Mokdad AH (2016) Global burden of diseases, injuries, and risk factors for young people's health during 1990–2013: a systematic analysis for the Global Burden of Disease Study 2013. The Lancet, 11;387(10036):2383-401
3. Patel V et al. (2018) The Lancet Commission on global mental health and sustainable development. The Lancet. 392(10157):1553-98.
4. Patel V et al. (2007) Mental health of young people: a global public-health challenge. The Lancet, 369(9569):1302-13.5.