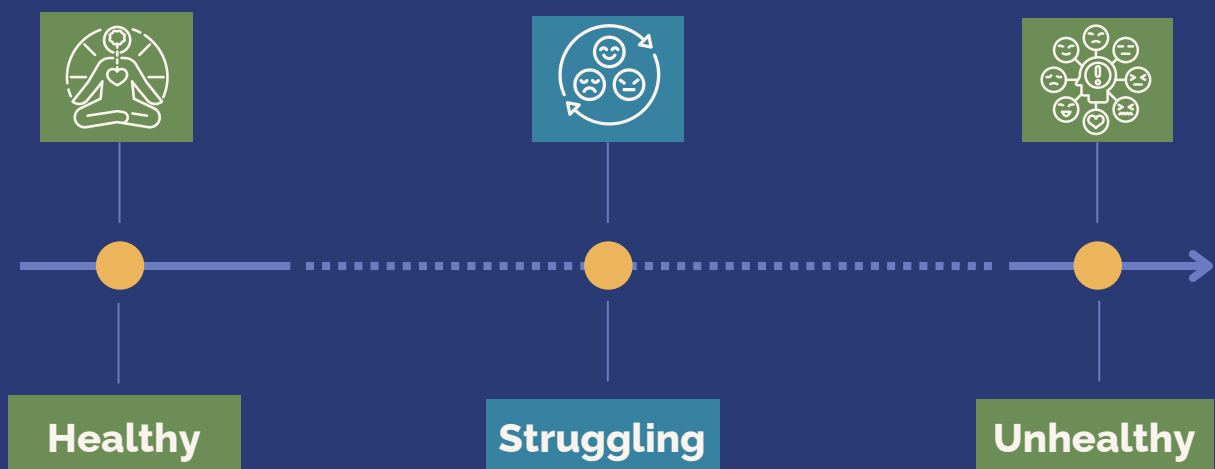


Fact Sheet: Youth Mental Health

Why Do We Care About Youth Mental Health?

- Youth mental health is a critical public health issue.
- Understanding and awareness of youth mental health are still limited - and for many, the mental health challenges young people face remain widely unknown.

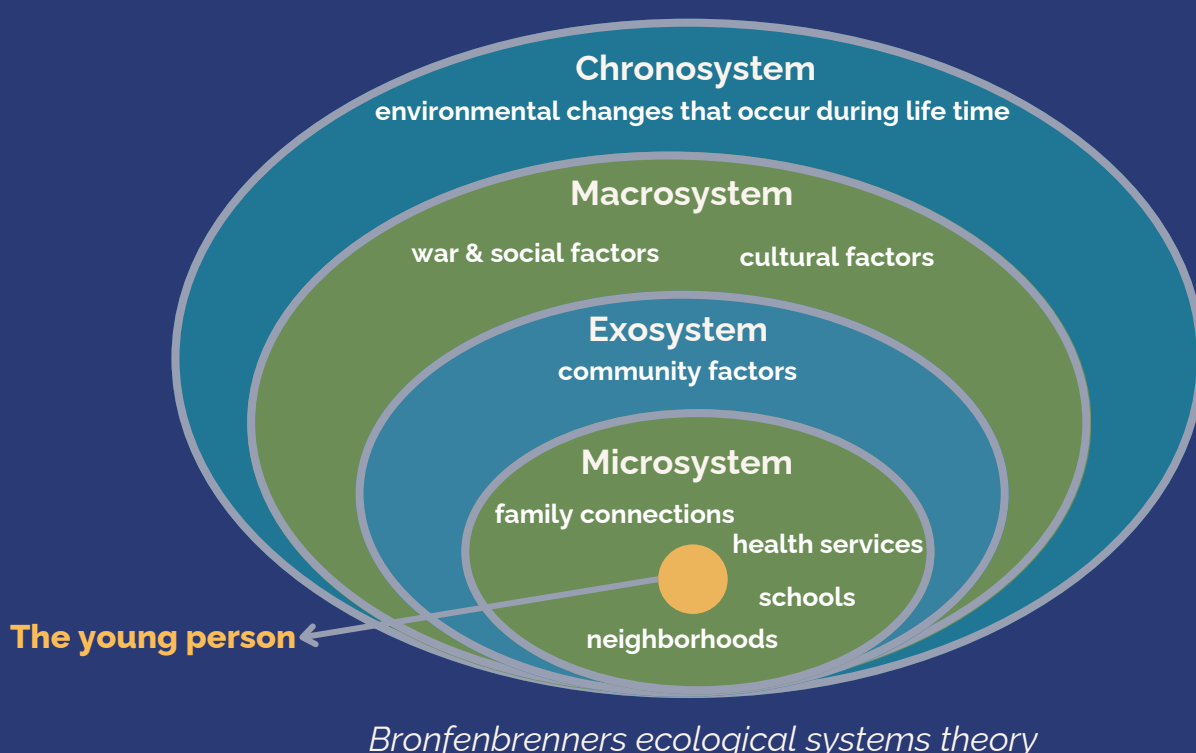
Defining Mental Health



- Mental health is more than just the absence of mental disorders. It is a dynamic continuum ranging from wellbeing to mental health conditions. A mentally healthy person can recognize & manage their emotions, build & sustain close relationships, cope with daily stresses, and navigate various roles within their cultural contexts.
- **A young person may be anywhere on the spectrum of mental health!**

The Transdomain Ecological Framework

- Mental health develops within a context and is shaped by personal, physical, and social factors. Understanding the role of community, society, and culture in mental health often leads to better outcomes than focusing only on medical treatments.
- Many factors shape mental health and mental health conditions, from individual to community influences to larger societal structures.



Bronfenbrenners ecological systems theory

Why is understanding the framework important?

- **Microsystem:** strong connections provide a sense of safety and belonging
- **Exosystem:** having jobs and sufficient financial resources to pursue educational goals allows agency.
- **Macrosystem:** reducing cultures of violence fosters a healthier environment.
- **Chronosystem:** Youth is a period of rapid change and challenges. A developmental perspective helps in understanding changes in youth mental health.

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