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Mental Health In Adolescence

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Mental Health In Adolescence

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Nebraska College Preparatory Academy

Grand Island High School. 2022



Abstract

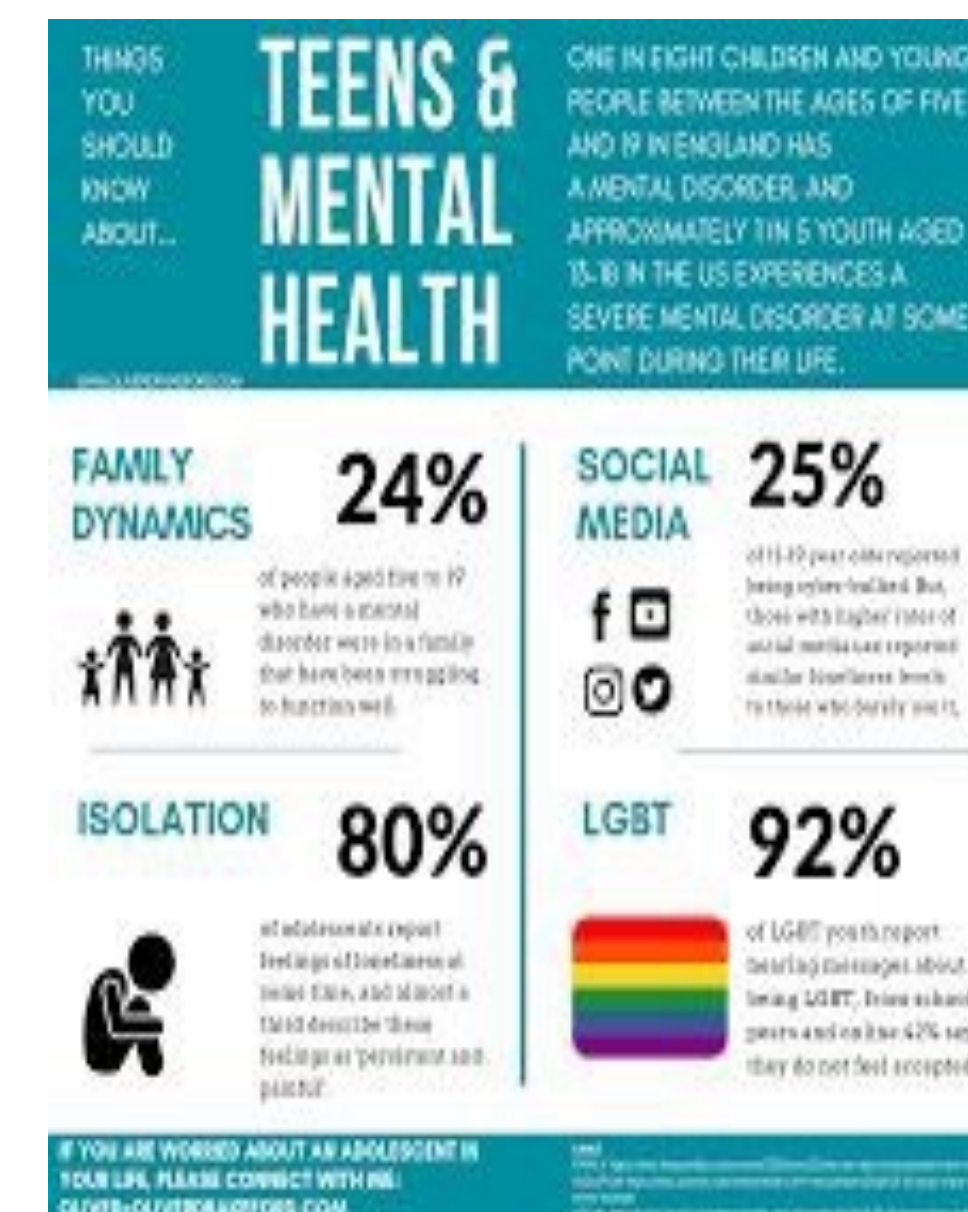
Mental health includes our emotional psychological, and social wellbeing. Mental health involves how people handle real world situations. Mental health problems are usually noticed in the stage of adolescence which is between the ages of 10 and 19 years old. Mental health illnesses are caused by several different things. There is not just one cause for mental health disorders. Possible ways to treat mental health are therapy, medication, and hospitalization.

Conclusion & Discussion

Have you ever felt a heightened amount of worry. Have you ever felt like you could not control your emotions? Have you ever felt down and depressed? If you answered yes to any of these questions you could possibly have mental health issues. Have you ever been so worried that you started fidgeting uncontrollably if yes than you might have Anxiety... Have you ever been so down you contemplated taking your own life? If yes than depression may be a thing you battle. You never have to feel ashamed about mental health.

Key points

- Suicide is the fourth leading cause for death in adolescence.
- Depression, anxiety, and behavioral issues are among the leading causes of illness and disability among adolescence.
- Genetics, your temper, and your environment also affect your mental health.
- There are more than 200 different mental illnesses.
- There are up to 10 different rare mental illnesses.
- The most common mental health disorders are anxiety, depression, and bipolar. These are all disorders that affect your mental state.



Work Cited

SANTA BARBARA, 2022. *A Guide To Adolescent Mental Health: Rates, Signs, And Treatment Methods*
U.S. Department of Health & Human Services, 200 Independence Avenue, S.W. Washington, D.C. 20201
2022 Mental Health America, Inc.