



ADOLESCENT MENTAL HEALTH IS A GROWING CONCERN ACROSS THE WHO EUROPEAN REGION

CHILD AND ADOLESCENT HEALTH IN THE WHO EUROPEAN REGION:
ADOLESCENT MENTAL HEALTH FACT SHEET



Adolescents today have poorer mental health than previous generations

- **Girls, older adolescents**, and those growing up in **low family affluence** report the worst mental health.
- **Suicide** is one of the top three leading causes of death among adolescents.
- Almost half of young people have **unmet needs** in mental health care in some countries of the Region.
- Quality of care for child and adolescent mental health is **inconsistent** across the WHO European Region.

WHY IS THIS IMPORTANT?

- Half of mental health disorders have their **onset** before or during adolescence.
- Mental illness can lead to **worse** educational outcomes, **increased** substance use, and **higher rates** of unemployment, debt, and social exclusion in adulthood.

SUCCESSFUL GOVERNANCE:

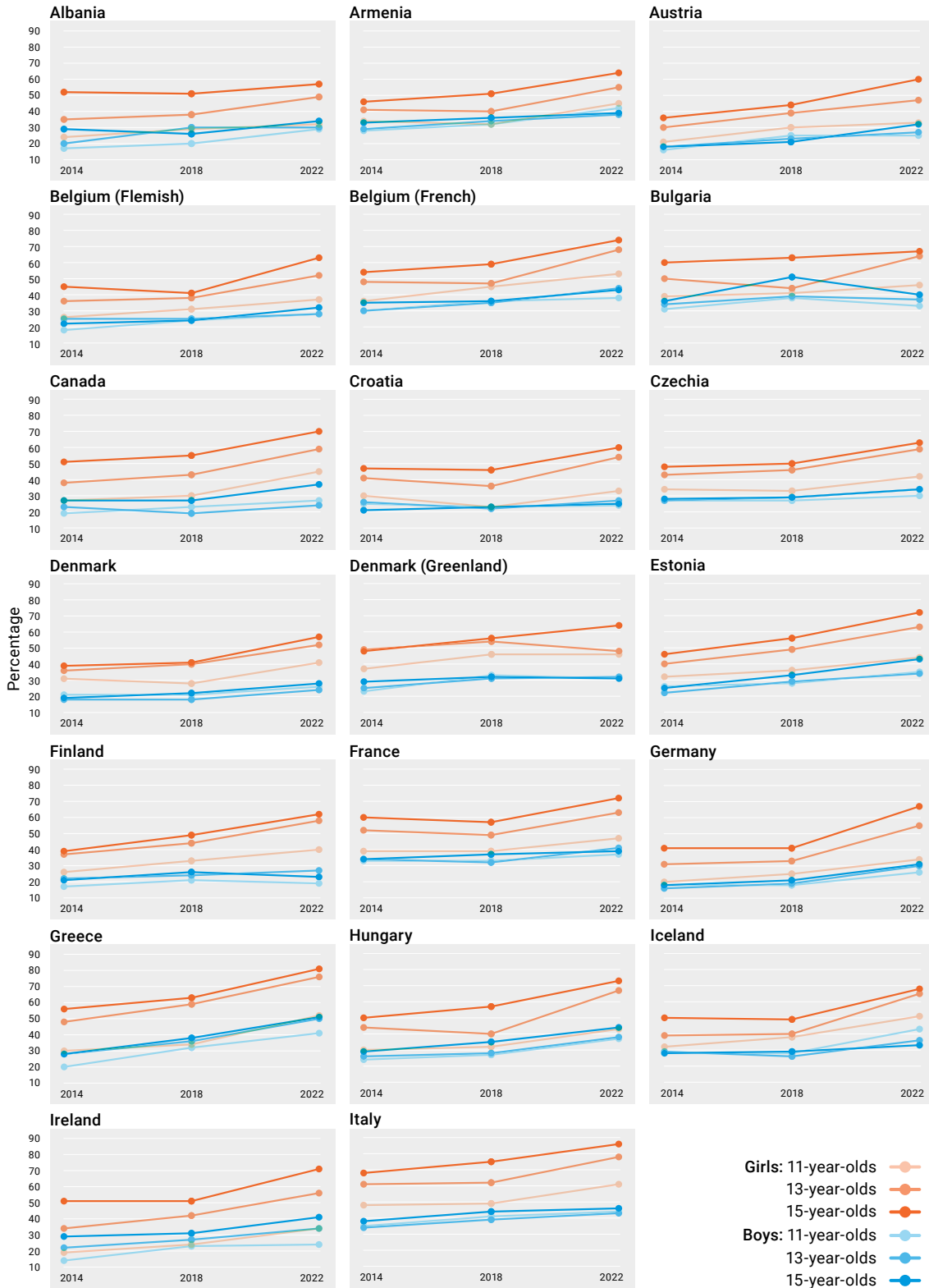
- Increases investment in mental health for adolescents at national and local level.
- Recognises and acts on the commercial determinants of mental health, in particular online industry influence.
- Ensures social and financial security, particularly for low-income households through multi-sectorial collaboration.
- Invests in adolescent friendly mental health services including counselling and psychosocial support in schools and youth centres.
- Implements life-skills, caregiver support and socioemotional learning programmes.
- Ensures Primary Health Care facilities are resourced to identify and manage adolescent mental health conditions.
- Improves the quality of adolescent mental health care across all levels of health provision aligned with the WHO European Quality Standards for Child and Adolescent Mental Health.

“I think there’s a lot of girls who put themselves down because they’re like ‘am I good enough? Am I strong enough? Am I capable of doing things?’ And they put themselves down and beat themselves up for nothing. They don’t appreciate themselves for who they are.”

Source: Health Behaviour in School-aged Children

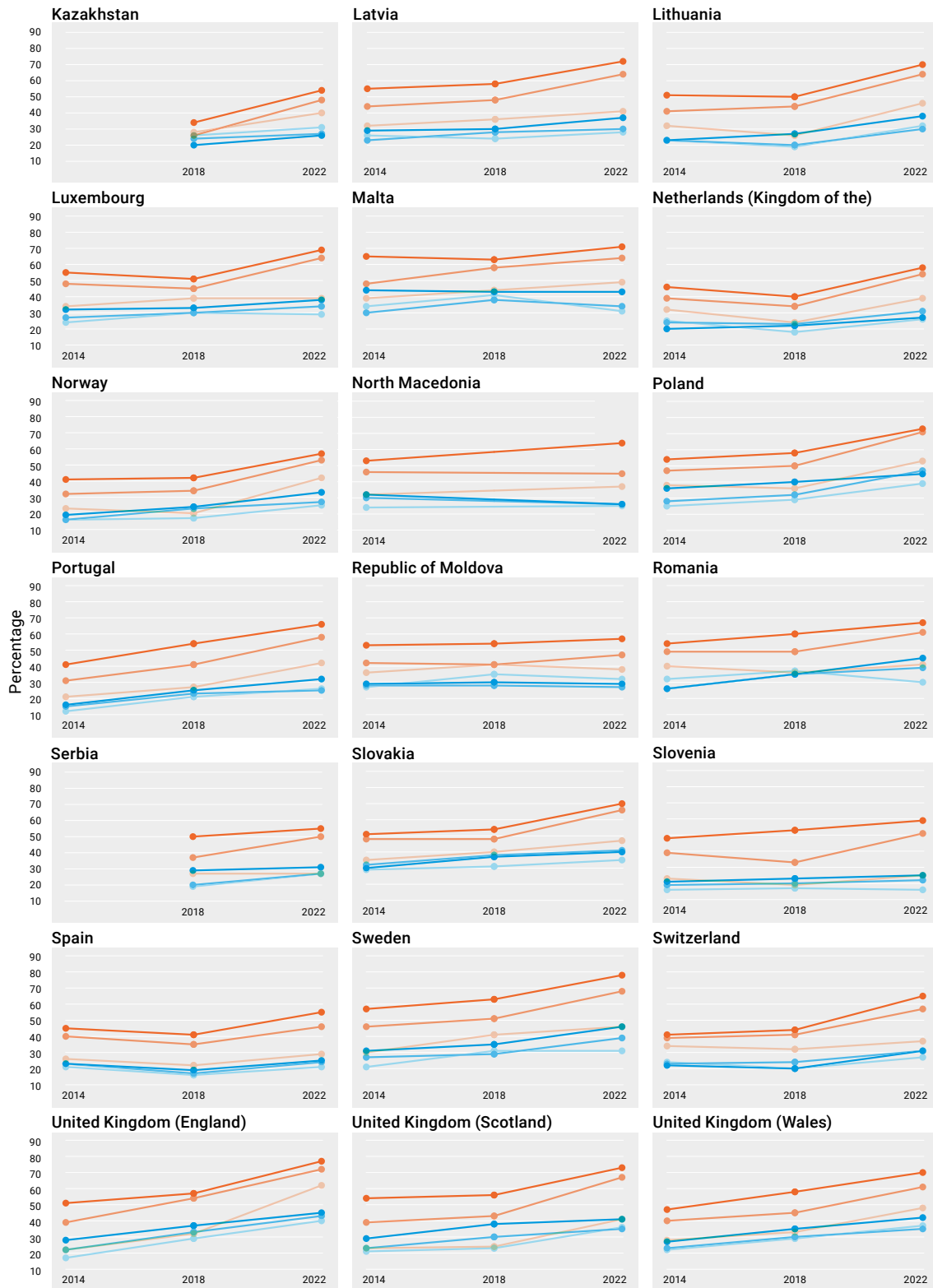


TRENDS IN PREVALENCE OF HEALTH COMPLAINTS (ASSOCIATED WITH PSYCHOLOGICAL HEALTH) FROM 2014 TO 2022 BY COUNTRY, AGE, AND GENDER...





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Source: Health Behaviour in School-aged Children (HBSC) survey 2021/2022.

Note: HBSC is a cross-sectional survey that collects self-reported data from children at different times.