

[illegible]

1.

INTRODUCTION

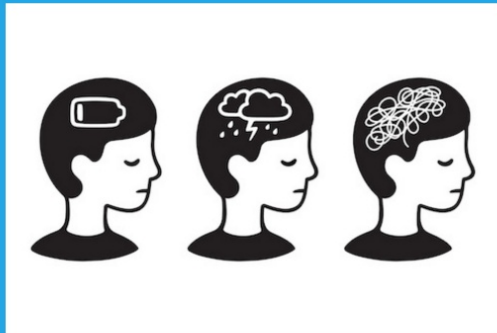
Hello, everyone today we are going to talk about **Mental health & Illness in teens**, but first what is Mental illness? Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.

MENTAL HEALTH & ILLNESS IN THE PREVALENCE OF TEENS

Depression is the most common mental health disorder, affecting nearly one in eight adolescents and young adults each year. Adolescents who experience symptoms of depression most of the day, nearly every day, for at least two weeks in the year are having a major depressive episode.

IMAGES

IMAGES



* The basics on mental health

TYPES OF MENTAL HEALTH ISSUES

Clinical depression- A mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.

Anxiety disorder- A mental health disorder characterized by feelings of worry, anxiety, or fear that are strong enough to interfere with one's daily activities.

Bipolar disorder- A disorder associated with episodes of mood swings ranging from depressive lows to manic highs.

Dementia- A group of thinking and social symptoms that interferes with daily functioning

Attention-deficit/hyperactivity disorder (ADHD)- A chronic condition including attention difficulty, hyperactivity, and impulsiveness.

IMAGES

IMAGES



* showing different other types of mental illness.

WHAT ARE THE CAUSES OF MENTAL HEALTH & ILLNESS

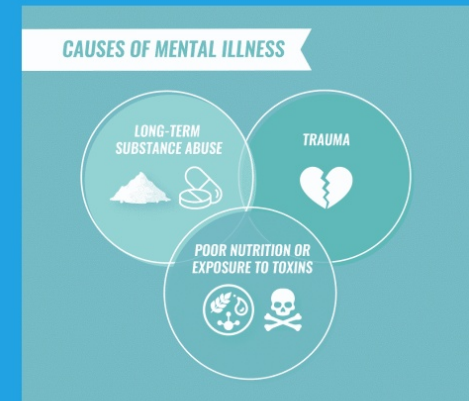
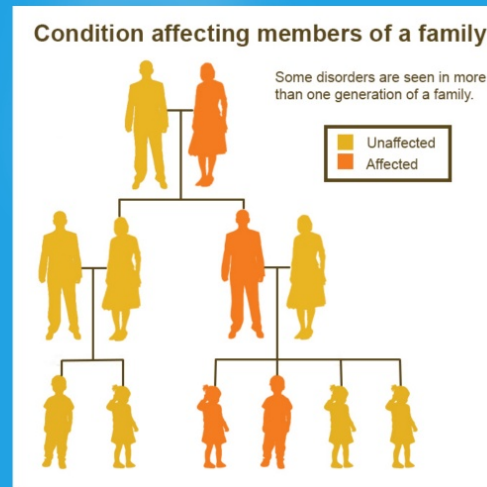
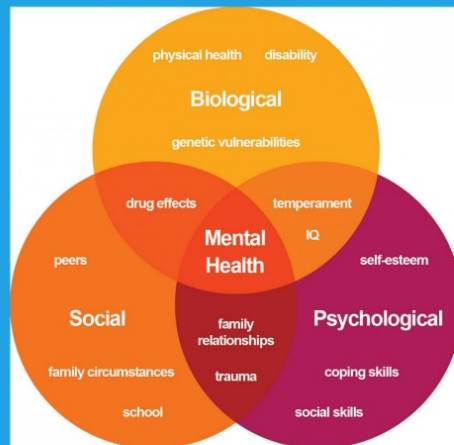
The most causes for mental illness are:

- Childhood abuse or trauma
- Social isolation or loneliness
- Domestic violence, bullying
- Drug and alcohol misuse
- Poverty or homelessness
- Traumatic life events
- Stress
- self-esteem

Also, mental health & illness can be genetic.

IMAGES

IMAGES



* Showing the causes of mental health

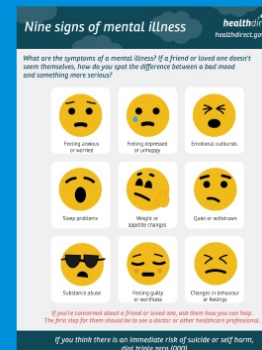
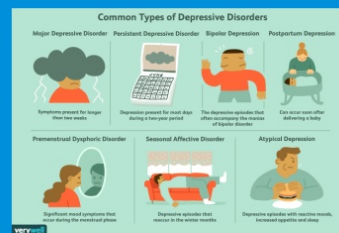
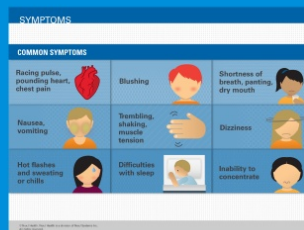
COMMON SYPTOMS OF MENTAL HEALTH & ILLNESS

Some of the common syptoms of mental illness are:

- Feeling sad or down
- Suicidal thoughts
- Anger, hostility or violence
- Tiredness, low energy or problems sleeping

IMAGES

IMAGES



* This are from other websites telling the different symtoms or signs.

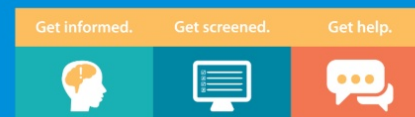
HELPING TO OVERCOME THE PROBLEM

To help the teens, we created account on Instagram and TikTok called *The Terror of Hormones in Teens*. We set this up so, teens can talk about their situation or feelings concerning themselves or the people around them with free of charge. It will be every 8th of the month. Also, they can self- therapy by

- Taking walks
- Spending time with family and friends
- Writing in a journal

IMAGES

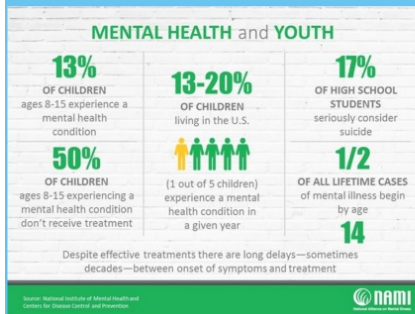
IMAGES



* Ways to prevent mental illness

CONCLUSION

Overall, teens go through challenges in their life and don't have any one to talk them out with, or is able to aid them in situations they go through life. Having someone there to help with that situation is beneficial. Remember that teens and youth are humans too!



Youth Mental Health First Aid



**IF YOU HAVE ANY QUESTIONS YOU
CAN CONTACT US
(ALL QUESTIONS ARE ACCEPTED)**

Emani-

email(s): emalone@umbcure.org and
emanimalone2005@gmail.com

Instagram: @coldgirlema

Mariah-

email(s): mbeatty@umbcure.org
mariahbeatty05@gmail.com

mariahbeatty05@icloud.com

Instagram: @pile_courte

Shereen-

email(s) : sfarquharson@umbcure.org

shereenfarquharson5@gmail.com

shereenfarquharson@icloud. com

Instagram: @queen_ of _ veuns

REFERENCES

Mentalhealth:

- <https://www.mentalhealth.gov/talk/young-people>

Mayoclinic:

- <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

Medlineplus:

- <https://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?v%3Aproject=medlineplus&v%3Asources=medlineplus-bundle&query=teen+mental+health>

Mind for better mental health:

- <https://www.mind.org.uk/news-campaigns/news/mental-health-charities-welcome-shake-up-of-youth-mental-health-care/>

MENTAL HEALTH & ILLNESS IN TEENS

*Emani Malone, Mariah Beatty and Shereen Farquharson.
George Washington Carver Center for Arts and
Technology, Western and Green Street Academy.
Grade 10, Cohort 2
UMB CURE SCHOLARS*



UNIVERSITY of MARYLAND
BALTIMORE

