

MENTAL

HEALTH



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**EUROPEAN
SOLIDARITY
CORPS**



YOUTH COUNCIL - PRILEP



Mental health matters

Mental health refers to a person's psychological, emotional, and social well-being. It encompasses various aspects of an individual's life, including how they think, feel, and behave. Good mental health allows individuals to cope with the stresses of life, work productively, maintain healthy relationships, and contribute to their communities.

These are mental illnesses that can strain children's social lives and their relationships with family and friends. These may be anxiety, depression, hyperactivity, attention deficit, obsessive-compulsive disorder, post-traumatic stress disorder, Tourette syndrome and many other mental disorders. Some of these may be due to genetic predisposition, while others may be due to environmental or familial problems.



Common Mental Health Disorders in Teens

- Anxiety disorders
- Depression
- ADHD
- Eating disorders
- Substance abuse disorders



Causes and Risk Factors

- Biological factors (genetics, brain chemistry)
- Environmental factors (trauma, stress, family dynamics)
- Social factors (peer pressure, societal expectations)



Signs and Symptoms

- Changes in mood or behavior
- Difficulty concentrating
- Changes in appetite or sleep patterns
- Social withdrawal
- Substance use
- Self-harm or thoughts of suicide





Impact on Daily Life

- Academic performance
- Relationships with family and friends
- Participation in extracurricular activities
- Physical health

Today, due to the widespread use of social media, young people's perspectives on life have changed, not only among young people but also throughout society. We constantly make comparisons with the people we follow on a platform where fancy photos shared on social media make everyone look happy and different than they are. Comparing ourselves to people who photoshopped themselves to be thin or put make-up on their faces can lead to eating disorders, or when some people share brands that we cannot access, it can cause us to feel like we are lacking in ourselves and wear ourselves out.





Maybe I can't restrict your time on social media, but I suggest you don't compare yourself to what you see there. Because most of what you see there is far from reality.



If you think you have one of these symptoms, I suggest you seek help from an adult you trust. You can get help from your parents, teachers or a friend.



If these symptoms are very severe or you feel stuck, don't hesitate to seek professional help.

• YOU ARE •
Stronger
THAN YOU THINK

I know you can all feel bad by expecting or not expecting a lot from yourself. Your physical characteristics, abilities, characters are a whole. If you are in the other direction to direct this in the good direction, it is in everyone's own hands, but remember that you are all very valuable and stronger than you think.

- STOP -
JUDGING
• YOURSELF •



Thanks for listening

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