

World issue topic: Youth Mental Health

Youth mental health is a pressing and multifaceted issue that has garnered increasing attention in recent years. Adolescents and young adults navigate a complex landscape of academic pressures, societal expectations, family dynamics, and social media, all of which contribute to the challenges they face in maintaining sound mental well-being.

Furthermore, it is impossible to overstate the pervasive effect that social media has on young people's lives. These platforms provide opportunities for self-expression and interaction, but they also expose users to unrealistic goals and foster a culture of comparison. The carefully constructed online personas may worsen mental health issues by fostering low self-esteem and feelings of inadequacy. Another problem that has an impact on young people's mental health is cyberbullying, which can leave them with long-lasting emotional wounds.

Family dynamics are very important for the mental health of young people. An individual's emotional development is greatly influenced by the relationships that exist within their family. A lack of emotional support, broken communication, or high levels of family stress can all lead to the development of mental health problems. It's critical to identify and treat these family-related issues in order to foster an atmosphere that supports young people's mental health.

One of the notable aspects of youth mental health is the rise of conditions such as anxiety and depression.

The nature of academic environments and the constant comparison facilitated by social media platforms create an environment where young individuals may feel overwhelmed and anxious. The pressure to excel academically also with the fear of falling short of societal expectations can lead to heightened levels and in some cases the development of mental health disorders.

Schools play a pivotal role in the mental health of the youth. The academic environment should not only focus on intellectual development but also prioritize the emotional well-being of students. I do think schools are still left in the ancient world and have not caught up with the modern world and have the same system to the past and this can also have a major impact on us. Implementing mental health education programs, providing access to

counseling services, and fostering a supportive atmosphere can contribute to creating resilient and mentally healthy youth.

Addressing youth mental health concerns also requires making mental health treatments accessible. Many young people may encounter obstacles while trying to get professional aid, such as lack of knowledge about resources and budgetary limitations. Collaboration among governments, educational establishments, and communities is vital to guarantee the accessibility, affordability, of mental health treatments.

In conclusion, the landscape of youth mental health is complex and influenced by various factors. Academic pressures, societal expectations, family dynamics, and the impact of social media collectively contribute to the challenges faced by young individuals. By fostering open conversations, implementing supportive measures in schools, and ensuring accessible mental health services, we can work towards creating an environment where the youth can thrive emotionally and psychologically. It is a collective responsibility to prioritise and address the mental well-being of the younger generation, ensuring a brighter and healthier future for all.

As an add on I want to talk about the time I experienced the lowest level of myself, it was last year when an injury occurred to me. I play football and I've always wanted to go play professionally. It's tough but what I say everything is possible with hard work and discipline. Moving onwards this injury really had an effect on my mental health. I've never experienced this before and I felt I was in a bad place. This injury really had an affect on me the whole year where at some points I didn't want to come back to the sport where I loved. However, the start of 2024 was different to me because I had set my goal which was the same goal I had pre-injury to become a professional footballer. My advice to people who are struggling with mental health: don't be scared to go to someone to talk about because I was in the same position as you are. Also one thing that I do frequently is meditate. It can only take like 10 minutes to do so this will refresh your mind and make you feel relaxed.

Remember don't ever give up, there is always light at the end of the tunnel.

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