



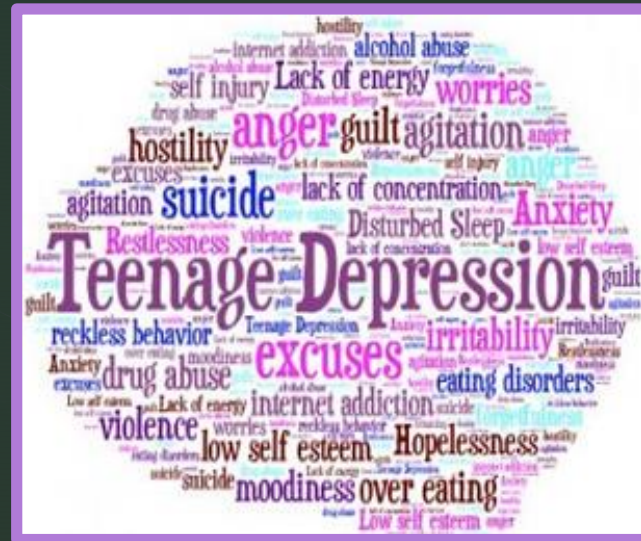
# MENTAL HEALTH & ADOLESCENCE

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# OUTLINE

Overview of mental health  
in adolescence

Causes & common  
stressors



Prevention & promoting  
positive mental health

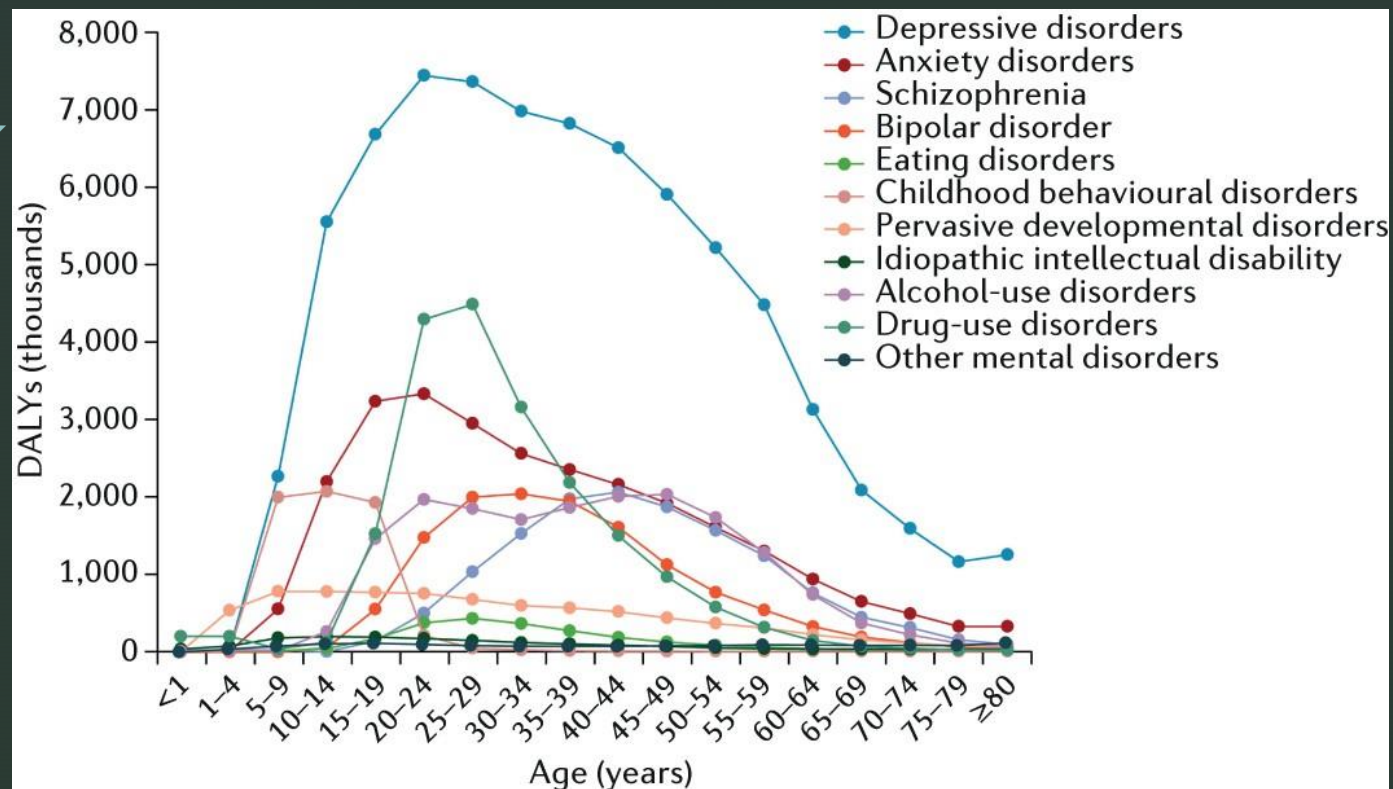
Schools & mental health

Summary

- Adolescent mental health is an important area as this period of life is marked by **significant changes** in physical, emotional and social demands/needs.
- According to the World Health Organisation (WHO), globally nearly **15%** of all 10-19-year-olds experiences a mental disorder.
- Accounts for **13%** of the global burden of disease in this age group.
- Self-harm is among the top causes of death for adolescents. **Suicide** is the 4<sup>th</sup> leading cause of death of adolescent boys and girls.

## CAMHS SERVICE 2019 - 2023

YEAR	NEW REFERRALS	FOLLOW-UP	TOTAL
2019	146	650	796
2020	132	881	1013
2021	116	730	846
2022	158	811	969
2023	160	793	953



Nature: a focus on adolescence to reduce neurological, mental health and substance-use disability

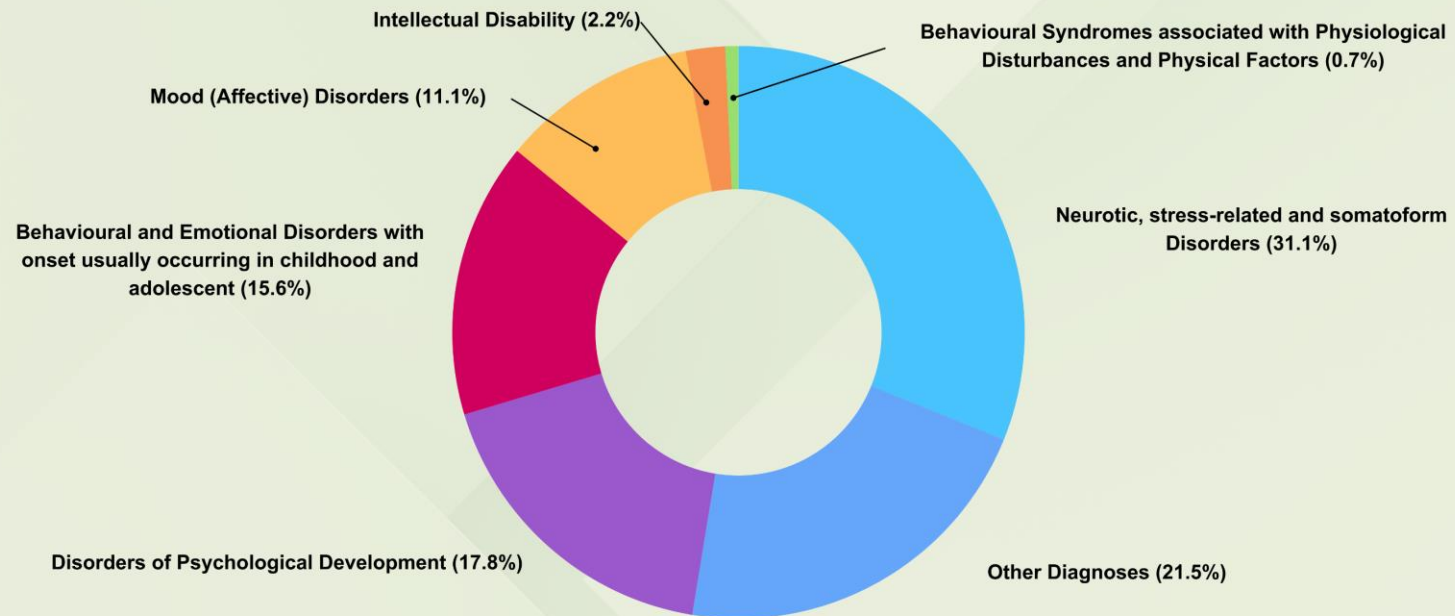
- Depression and anxiety are among the leading causes of illness and disability among adolescents.
- It is estimated that 3.6% of 10–14-year-olds and 4.6% of 15–19-year-olds experience an anxiety disorder.
- Depression is estimated to occur among 1.1% of adolescents aged 10–14 years, and 2.8% of 15–19-year-olds.



## Child And Adolescent Mental Health Service

### Pecahan Diagnosis bagi kes-kes yang berjumpa di Klinik Kesihatan Mental Kanak-Kanak dan Remaja, Perkhidmatan Psikiatri (2023)

*Diagnosis Breakdown of cases seen in the Child & Adolescent Mental Health Clinic, Psychiatry Services (2023)*



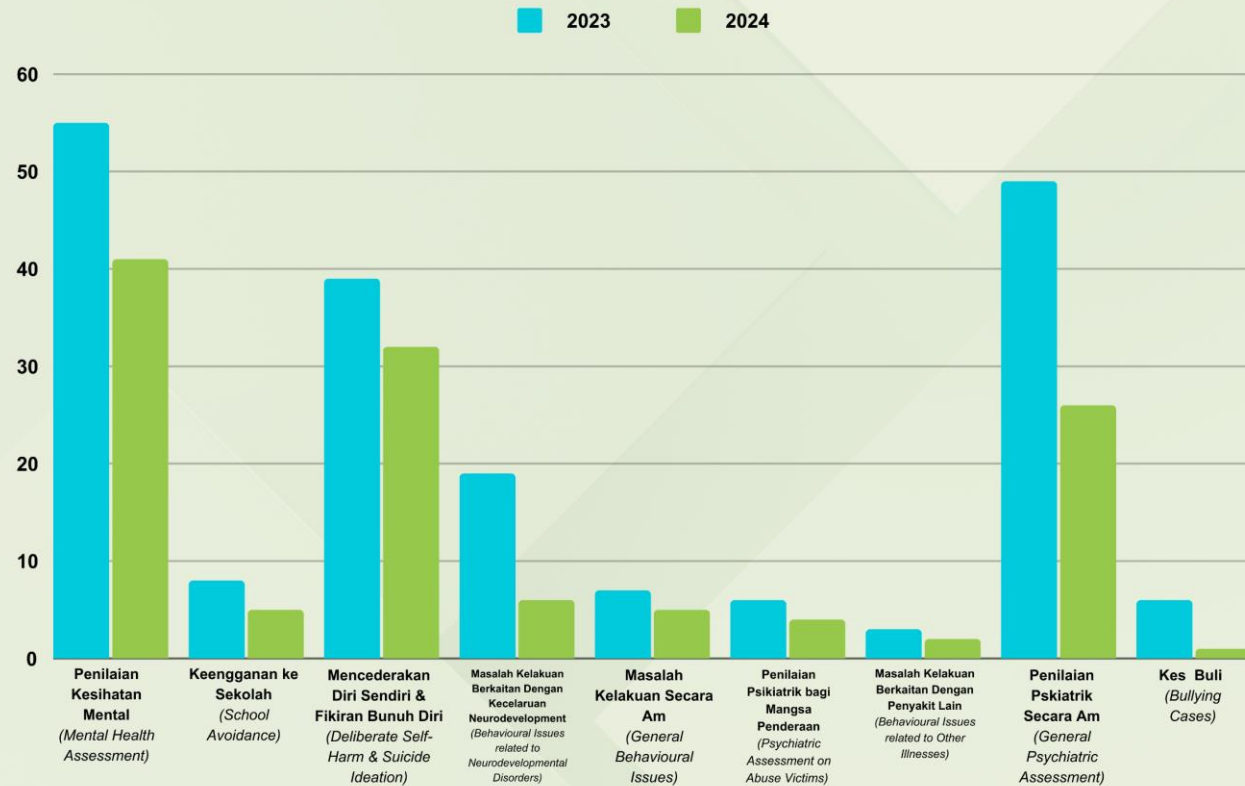
Sumber: Klinik Kesihatan Mental Kanak-Kanak & Remaja, Perkhidmatan Psikiatri, Hospital RIPAS

Source: Child & Adolescent Mental Health Clinic, Psychiatry Services, RIPAS Hospital

## Child and Adolescent Mental Health Service

### Sebab Rujukan Ke Klinik Kesihatan Mental Kanak-Kanak & Remaja, Perkhidmatan Psikiatri (2023 - 2024)

Reasons for Referral to Child & Adolescent Mental Health Clinic,  
Psychiatry Services (2023-2024)

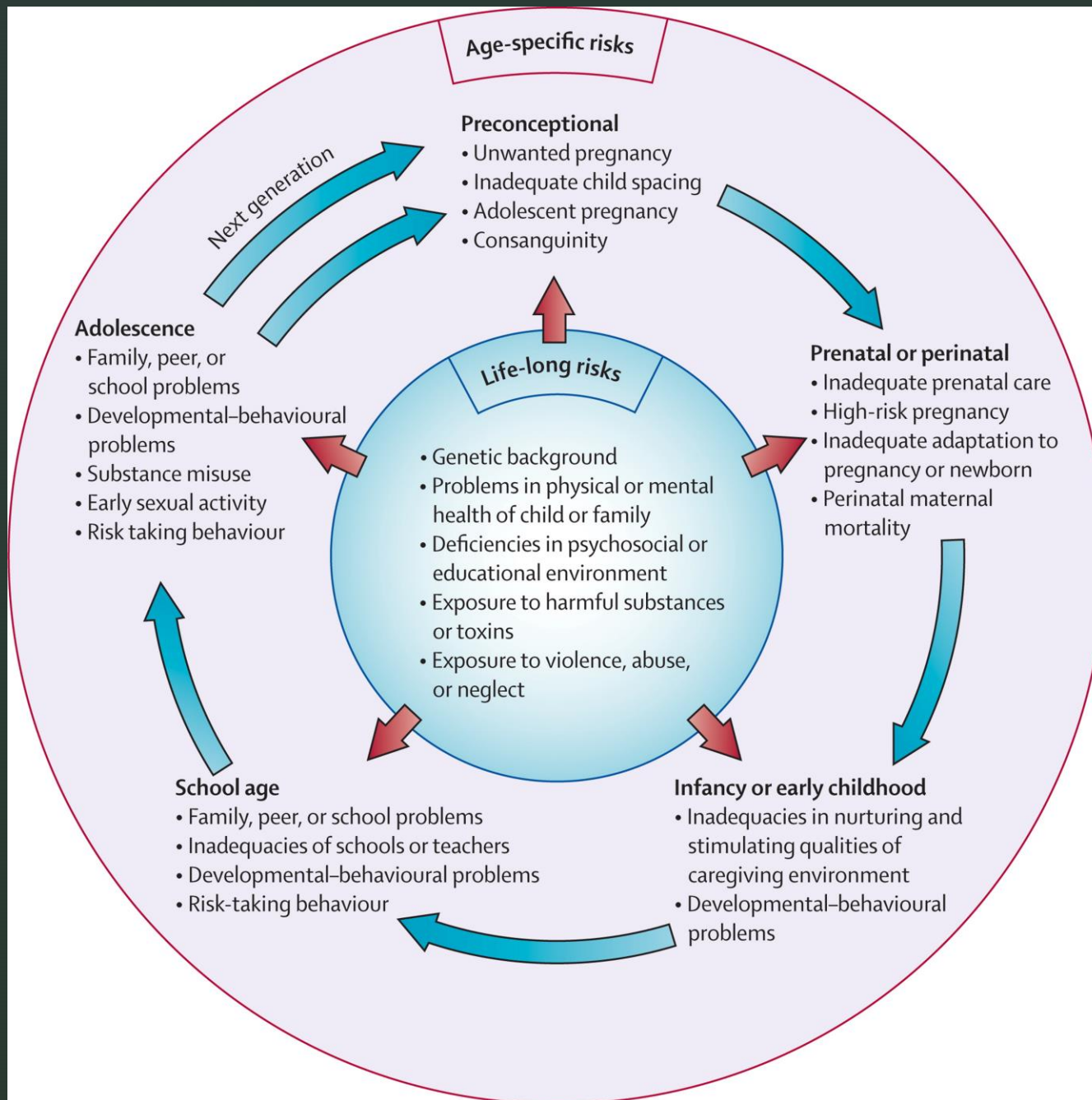


Sumber: Klinik Kesihatan Mental Kanak-Kanak & Remaja, Perkhidmatan Psikiatri, Hospital RIPAS  
Source: Child & Adolescent Mental Health Clinic, Psychiatry Services, RIPAS Hospital

# Causes & common stressors

- **Biological** factors such as genetics or brain development
- **Environmental** factors such as stressful family dynamics, parental conflict or neglect, and financial stressors.
- **Social** factors include a history of trauma or bullying, peer pressure to conform and excessive social media use.
- **Academic** stressors also play an important role with adolescents feeling excessive pressure to succeed.
- **Other** factors include struggles with identity, lack of social support, feelings of loneliness or substance misuse.

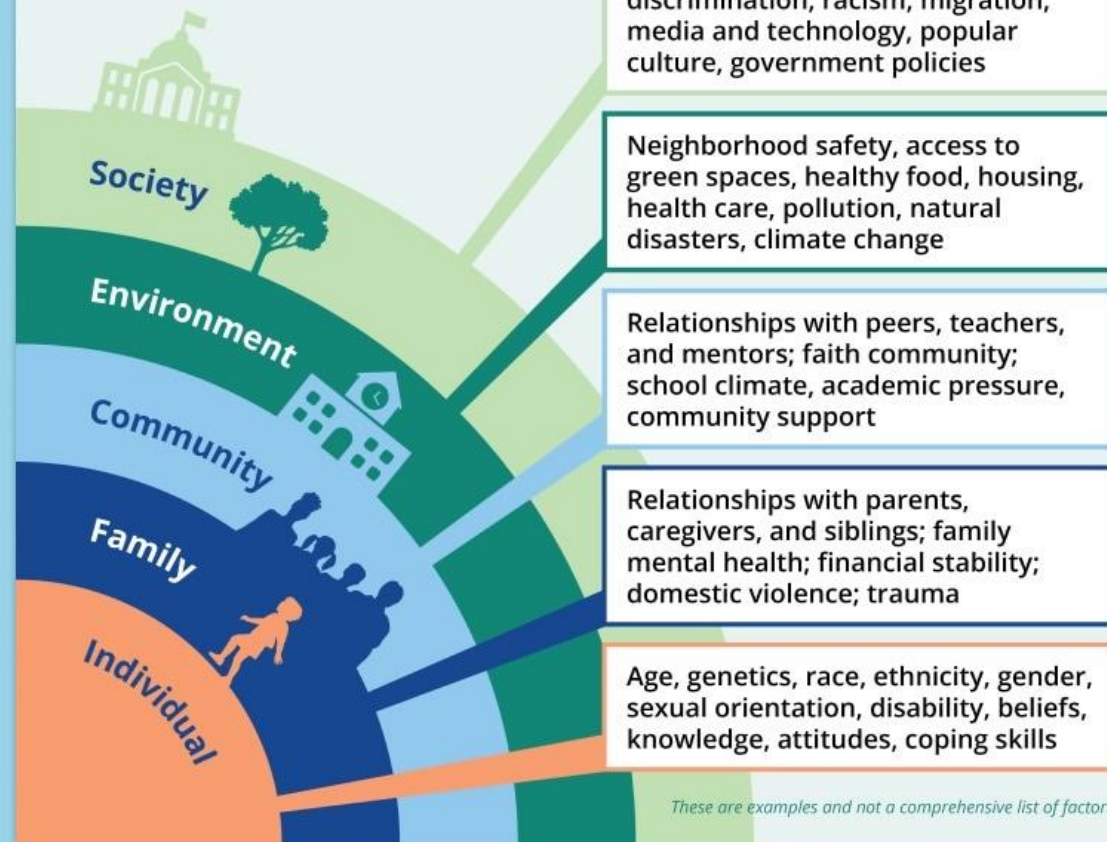




# FACTORS THAT CAN SHAPE THE MENTAL HEALTH OF YOUNG PEOPLE



Source: Adapted from WHO's Determinants of Adolescent Health Development: An Ecological Model, 2014 and Bronfenbrenner & Ceci (1994)



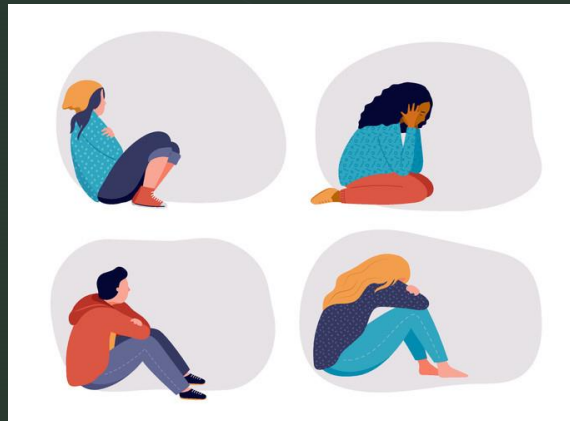




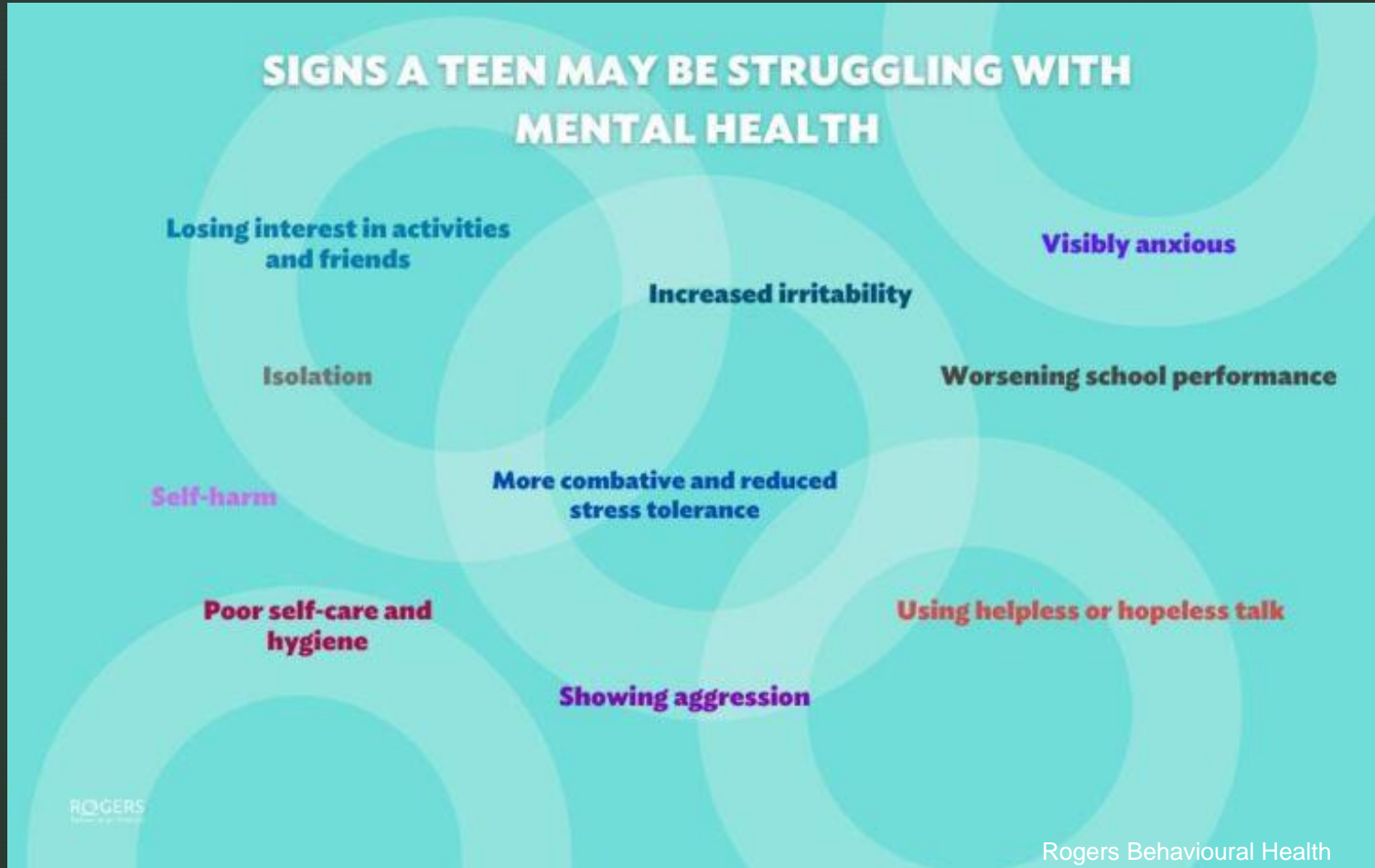
## Prevention & promoting positive mental health

# Schools & mental health

- Adolescents spend a significant time in school each day, and schools play a crucial role in identifying, supporting and promoting good mental health amongst its students.
- Common mental health problems seen in school include: Anxiety, depression, self-harm, significant academic stress and behavioural disorders like attention deficit hyperactivity disorder (ADHD).
- [CAMHS Brunei schools outreach program](#)



1. Help teachers **identify** common mental health problems



2. Provide teachers with the **tools to support and accommodate** for mental health problems in the classroom.

3. Highlight the **pathway** for seeking extra support

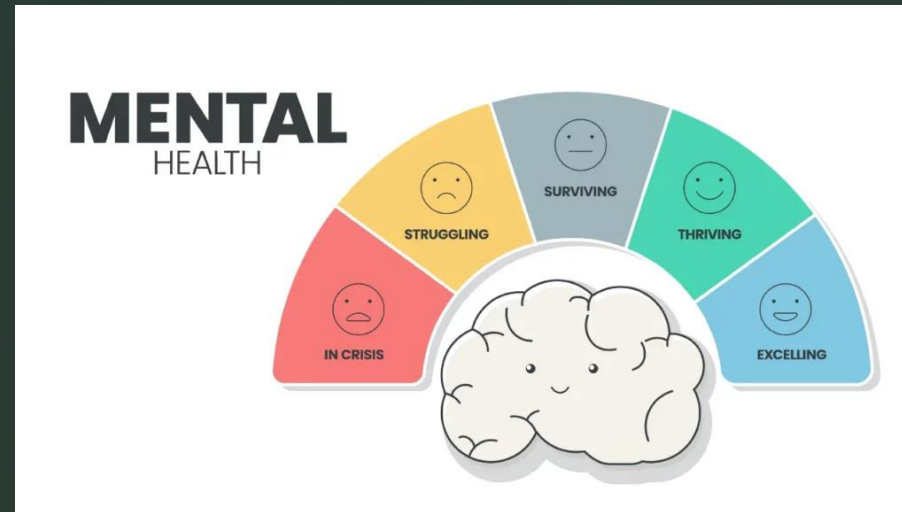




Schools can further **promote adolescent mental health** by ensuring their staff receive:

1. Adequate training
2. Counselling services
3. Fostering a positive school culture
4. Tackling bullying appropriately and in a timely manner
5. Engaging parents through open communication and workshops
6. Implementing programs to teach coping skills and build resilience
7. Ensure there is a robust protocol in place to respond to mental health crises.

# Summary



- Adolescence is a transformative period and a challenging time
- Experiencing difficulty does not necessarily indicate an underlying mental disorder.
- Parents can support their children
- Identify signs that extra support is needed
- Seek help - a crucial step towards recovery e.g school counsellor, Talian Harapan (145), visit GP, or attend A+E in a crisis.