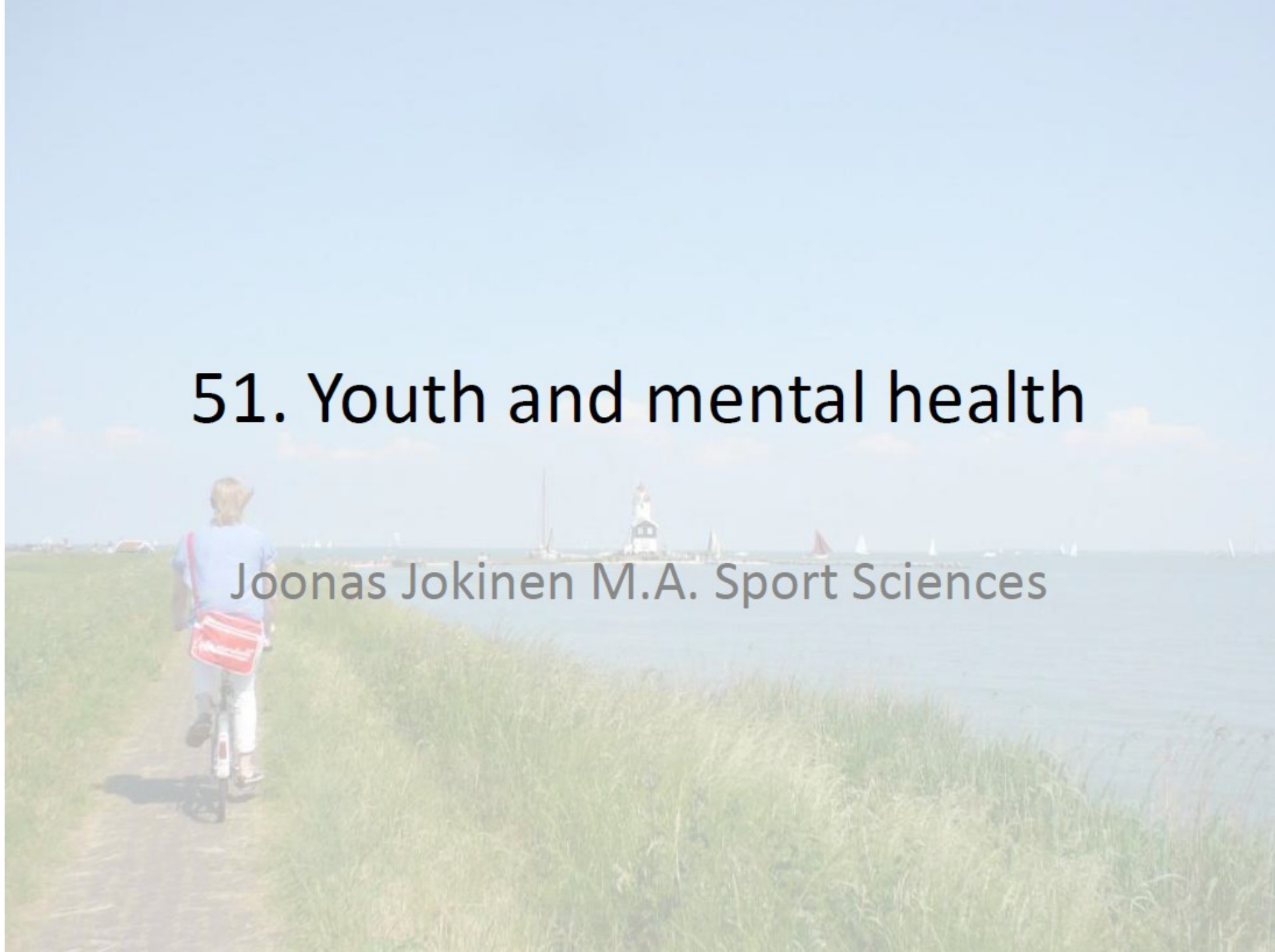


51. Youth and mental health

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Mental health problems in youth

Classification	Description	Commonness %
Depressive symptoms and depressive disorder	<ul style="list-style-type: none">• Long-term (over 2 weeks ongoing) persistent and disabling depressive mood• Loss of interest or pleasure in activities• Being tired without energy• Can occur alongside other mental health disorders• Can be hard to diagnose	Symptoms > 20% Depression 5-10% MDD 1-2% 2x more common in girls
Generalized anxiety disorder Not to be confused /w Panic disorder	<ul style="list-style-type: none">• Long-term (over 6 months) anxiety and distress that is not triggered by a specific situation and does not come in attacks• Anxiety can lead into physiological symptoms like chest pain, stomach pain, trembling, sob	Approximately 4-7% More common in girls
Addiction problems	<ul style="list-style-type: none">• Use of addictive substances starts to control life so that studying and life in general becomes difficult• Addiction forms quickly• Usually predicts an onset of addiction problem as an adult• 80% Addiction problems occurs alongside other mental health disorders	Approximately 5% More common in boys

Mental health problems in youth

Classification	Description	Commonness %
Panic disorder	<ul style="list-style-type: none">• Recurrent and intense panic attacks• Feelings of choking, chest pain, sudden palpitations and vertigo• Strong feeling of dying or going insane	Third of population experience once during lifetime Approximately 3-4% diagnosed More common in girls
Eating disorders	<ul style="list-style-type: none">• Bulimia, anorexia and binge eating disorder	1% bulimia and anorexia More common in girls
Psychosis Severe mental health disorders e.g. Schizophrenia	<ul style="list-style-type: none">• Can not separate thoughts and sensations from reality e.g. hallucinations, voices• Many longer-term mental disorders involve psychotic symptoms• Drug abuse can onset psychosis	Approximately 1%



Panic attack is not dangerous and should not be ashamed of.

These tips can help:

- Tell your parents and teacher
- Find a calm relaxed place where you can relax
- Breathe in slowly, count to three while breathing out
- Learn to recognize those situation that cause anxiety
- Practice going into those situations with someone you're comfortable with

Where to get help?

School curator

Helps with schoolwork and social life related problems or with problems in life general, supports and helps with hardships

School psychologist

Expert in mental growth and development of the student, listens, talks and gives support

School nurse

Professional of wellbeing and health in general, always available to talk with and to give you support

Homework

- You start to get symptoms of a panic attack, vertigo, feeling of choking and sudden palpitation
- Your friend starts to space out, becomes confused and then collapses. How do you react?

