
Promote mental health in youth - World Mental Health Day 2018

Watching a film or listening to radio is a way for adolescents to use the media to further their knowledge about how to keep healthy. © J. Han/WHO

Promoting and protecting adolescent mental health benefits not just adolescents' health, in the short- and the long-term, but also economies and society as whole, says WHO on the eve of [World Mental Health Day](#) [1] (10 October). That's because mentally healthy young adults are able to make greater contributions to the workforce, their families and communities.

Half of all mental illness begins by the age of 14, but most cases go undetected and untreated, [notes WHO](#) [2]. Depression is one of the leading causes of illness and disability among adolescents. Prevention begins with being aware of and understanding the early warning signs and symptoms of mental illness.

Invest in health, education & social sectors

According to WHO, much can be done to help build mental resilience from an early age to help prevent mental distress and illness among adolescents and young adults, and to manage and recover from mental illness. Investment by governments and the involvement of the social, health and education sectors in comprehensive, integrated, evidence-based programmes is essential.

Two major events are taking place to mark World Mental Health Day:

1. [Global Ministerial Mental Health Summit](#) [3], 9-10 October, London;
2. Launch of the latest report of the [Lancet Commission on Global Mental Health and Sustainable Development](#) [4] – **Website will be available on 10 October**

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