



Mentally Differently: Catch Them Young (World Mental Health Day Guest Comment)

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It is my extreme pleasure to express my views for this esteemed journal.

In this fast moving earth; time, money, luxury, social status, worries, relationships all play a vital role on the human psychology and mind; and the amalgamation of all these factors can cause stress to the life and well beings.

Adolescent mind is very fragile and most of the carving & development of personality happening in this age group of life. This is the time for a child to experience newer things on a daily basis of life; which has the greatest impact over the young mind in both good & cheerful to bad ways.

Young people's mind are more prone to get addiction of more use of online technologies; widely using social media platform for a longer period of time. Such kind of activities affects more the psychosocial status of mind leading them to live in a more mental stress, distress and illness.

10th October of every year is observing as a "World Mental Health Day". The theme of year 2018 is "**Young People and Mental Health in a Changing World**". An estimated 16% of the general population is affected worldwide with mental health diseases.

Mental health is determined by many factors such as desires of Autonomy, Peer pressure, identity and exploring of sexuality, quality of life at home, relationships with siblings & friends and most common now a days is increasing access to and use of technologies in this changing World.

Children are vulnerable to sexual violence, which has a greatest impact over mental health. 50% of all mental health conditions begin at the age of 14 years but unfortunately in most of the cases they are

undetected and untreated specially in the developing countries.

At the global level not only adolescents but peoples of all age groups affected with mental disorders. Suicide is the 3rd leading & common cause of death amongst the adolescents & young children population. Depression is 9th main cause of mental illness and disability among young people globally.

ADH (Attention Deficit Hyperactivity Disorder) is another prominent feather in the wings of mental illness amongst the young children.

Promotion of mental health and preventive activities are required at multilevel platform ranging from home, school to community. A few examples of preventive and promoting activities include-

- Online psychological interventions, family interventions and well-coordinated communication.
- School based interventions.
- Community based interventions.
- Violence preventive programs.

Mental health promotions and preventions are key to helping young children thrive.

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