

Mental health

action: meetings

Worldwide 10-20% of children and adolescents experience mental disorders. Half of all mental illnesses begin by the age of 14 and three-quarters by mid-20s. Neuropsychiatric conditions are the leading cause of disability in young people in all regions. If untreated, these conditions severely influence children's development, their educational attainments and their potential to live fulfilling and productive lives. Children with mental disorders face major challenges with stigma, isolation and discrimination, as well as lack of access to health care and education facilities, in violation of their fundamental human rights. (source: WHO)

How can you raise awareness of mental health issues (e.g. depression & anxiety etc) that could affect you and your peers? Can you be instrumental in organising an event to raise awareness?

EXPERT CONSULTED



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GLOBAL CHALLENGE

Our global issue is linked to the sustainable development goals 3 and 4: Good Health and Quality Education. It is linked to these STG goals because to have good mental health there needs to be a strong and helpful education system.

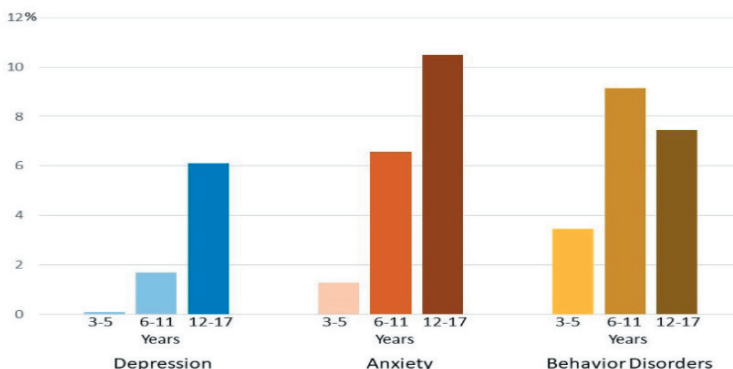
We investigated the issue of mental health in young students/teenagers, due to modern academic structure and systems. This issue is important because many students suffer from increasing mental health issues, especially now in the past few years. According to this graph, mental health issues rise in the late/middle teens (especially for depression and anxiety.)

LOCAL ACTION

We will coordinate meetings with department head-teachers and "Head of Year"s in order to discuss the planning of tests. We believe that the primary reason for mental health issues in our school community is the miscoordination of tests and homework between subjects. There are weeks without any tests and then suddenly we have to manage 3 or 4 tests in completely different subjects in the span of a few days. It is difficult to properly study for so many topics at once and not lose our sanity. Luckily, in our school, we have a valuable asset we can use; ManageBac, is a platform that can support our action as teachers can use it to check the dates of other subjects' tests.

We would also like to have an overall plan of the year for each subject, to help us know what learning awaits us, possibly do some pre-class research to be familiarized with the topics and units, and to know when to expect tests.

Depression, Anxiety, Behavior Disorders, by Age



THE TEAM



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