

# Mental Health for High School Students



## PAINS - NEEDS

One quarter of children and adolescents in Austria are confronted with mental health problems.

This has a negative impact on their well-being, social environment, school environment as well as their professional future.



## GAINS

Offers of preventive measures to support the mental and physical health of young people are necessary in order to promote holistic and healthy development of adolescents.

In addition to the young adults themselves, the social environment, schools, the economy and the state can also benefit from having healthier adolescents in society.



## EXISTING PROBLEMS

Outside of the compulsory education sector, there are only a few schools that provide their students with preventive measures to maintain and promote mental health. Due to the fact that mental illness is on the rise, more awareness and prevention work should also be done in secondary schools.



## THE CHALLENGE

In order to create a successful solution, the concept must be accepted by young adults aged 14-19 years. In addition to the question of financing, it must also be clarified how, where and by whom such an offer can be integrated into everyday school life. The young people involved, parents and schools must all want to improve the issue for change to occur.



1 NO POVERTY



2 ZERO HUNGER



3 GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



5 GENDER EQUALITY



6 CLEAN WATER AND SANITATION



7 AFFORDABLE AND CLEAN ENERGY



8 DECENT WORK AND ECONOMIC GROWTH



9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



10 REDUCED INEQUALITIES



11 SUSTAINABLE CITIES AND COMMUNITIES



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



13 CLIMATE ACTION



14 LIFE BELOW WATER



15 LIFE ON LAND



16 PEACE, JUSTICE AND STRONG INSTITUTIONS



17 PARTNERSHIPS FOR THE GOALS

