

---

**HAVE YOU EVER...**

# Mental Health is a big issue, for everyone

- There is a lack of attention over the deterioration of mental health in society.



# Statistics

---

- 264 million people suffer from depression
- Mental Health Disorders are (especially depression and substance abuse) are responsible for 90% of suicides.
- Rates of depression among kids (14 to 17) increased by more than 60%
- 74% of people have felt so stressed they have been overwhelmed or unable to cope. 51% of adults who felt stressed reported feeling depressed, and 61% reported feeling anxious.

# Problems in adulthood

---

- Substance Abuse
- Mental Disorders
- Physiological Problems
- Break-down of relationships
- Social Withdrawal/Isolation
- Self-harm

# Consequences of stress at school

---

- Stress Decreases Sleep Quality
- Stress Makes Students Angrier
- Increases likelihood of social withdrawal
- Stress Worsens Grades

---

**How do stress and anxiety at a young age affect us in adult life?**

# How it affects us

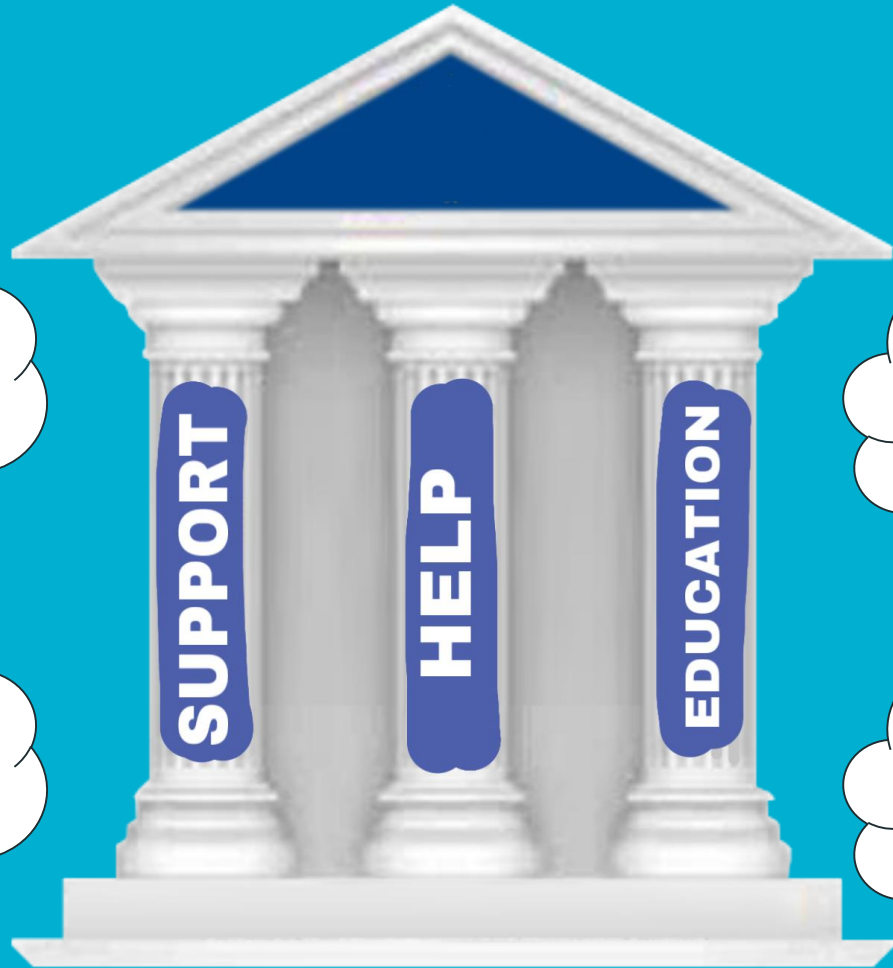
---

- Impedes with the development of the brain, cause shrinkage
- May lead to behavioural changes. For example, we may become antisocial
- Increases the probability of developing mental illnesses such as depression
- It plays a role on developing physical illnesses , such as Diabetes
- It may causes predisposition to be triggered, such as anxiety disorder

---

# The Solutions





ANIMATION &  
APP

NEWSPAPER &  
TED TALKS

COUNSELLING &  
AGONY AUNT

STUDENT  
MENTORS

---

**TED TALKS**

---

# STUDENT TRAINING

---

# NEWSPAPER AND COUNSELING

---

# Animation

<https://youtu.be/AXUpt35GDuA>

—

APP

—

THANK YOU