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Global Model WHO 2024

COMMITTEE A2

ANNOTATED BIBLIOGRAPHY

MENTAL HEALTH AND YOUTH

Geneva, Switzerland
October 29 - November 1, 2024

The Most Accurate Simulation of the World Health Assembly

GA2: Mental Health and Youth

Mental health is essential for maintaining overall well-being and the ability to effectively handle external stressors, achieve personal potential, and thrive within one's community. Despite individual resilience, various factors at the individual, family, community, and structural levels can make people susceptible to mental health issues, resulting in conditions such as mental disorders, psychosocial disabilities, and distress. According to the World Health Organization (WHO), an estimated 970 million people were living with mental disorders in 2019, with anxiety and depression being the most prevalent. These conditions often lead to challenges in personal life, relationships, and work or school.

Notably, mental health poses a significant risk to adolescents, with around 50% of mental health conditions becoming evident before the age of 14, making it the leading cause of disability in young people. Additionally, suicide ranks as the third leading cause of death among 15-19-year-olds. Poor mental health in adolescents can lead to increased risk-taking behaviors such as self-harm, substance abuse, risky sexual activities, and exposure to violence. This can be attributed to the complex social, cultural, and economic environments that adolescents navigate, including challenges arising from changing family dynamics, household employment instability, unemployment, and forced displacement. Moreover, young people from minority and migrant communities, particularly young women, are disproportionately affected by mental health conditions. Sociocultural factors like lower education levels, poverty, exposure to domestic violence, and limited decision-making power contribute to an increased risk of depression among girls and women.

As a result of these challenges, WHO is actively working to address these challenges by prioritizing destigmatization efforts and advocating for increased resources for mental health care. By focusing on reducing stigma, discrimination, and human rights violations against individuals with mental health conditions, the WHO aims to create a more supportive and inclusive environment. Additionally, the organization is urging greater investments in mental health resources to bridge the treatment gaps and improve the overall quality of mental health care worldwide.

Key Points and Main Issues

To be well-prepared for a simulation of the World Health Assembly on the topic of Mental Health and Youth, delegates need to understand the global burden of mental health issues, the barriers to care, and the impact of social, cultural, and technological factors on youth mental health. Furthermore, they should be ready to discuss innovative solutions, policies, and international cooperation that address the unique challenges faced by young people. By focusing on prevention, early intervention, and advocacy, delegates can propose comprehensive strategies to improve mental health outcomes for youth worldwide.

1. Global Prevalence of Mental Health Issues Among Youth:

- **Statistics:** Mental health disorders account for 16% of the global burden of disease and injury among youth aged 10–19. Common issues include **depression, anxiety, self-harm, and suicide**, with suicide being the **fourth leading cause of death** in this age group.
- **Geographical Differences:** Youth in **low- and middle-income countries (LMICs)** may experience higher rates of mental health disorders due to lack of resources, conflict, poverty, and exposure to violence. However, mental health issues are rising in **high-income countries** too, particularly due to **social isolation and academic pressures**.
- **Discussion Focus:** Explore why mental health conditions are widespread among youth, what factors contribute to the increase, and how different regions are affected. Be prepared to address the **economic burden** of untreated mental health issues and the long-term impact on societies.

2. Stigma and Barriers to Accessing Care:

- **Stigma:** Cultural beliefs often stigmatize mental health, discouraging young people from seeking help. Stigma may be worse in conservative societies, where mental illness is seen as a sign of weakness or a family's dishonor.
- **Awareness and Misconceptions:** Many youth and their families may not recognize the symptoms of mental health conditions or understand that effective treatment exists.
- **Barriers:** In some countries, mental health care is underfunded, and there is a shortage of **mental health professionals**. High costs, long waiting times, and the lack of youth-friendly services further limit access.
- **Solutions:** Propose ways to **reduce stigma** through **public awareness campaigns, mental health education** in schools, and **engaging influencers or celebrities** who can reach young audiences. Explore ways to improve mental health literacy, so families and communities better understand the signs and treatment of mental health issues.

Key Points and Main Issues (cont.)

3. Access to Mental Health Services:

- **Limited Services:** Globally, only a small fraction of youth with mental health conditions receive the care they need. In **low-income countries**, many lack access to even basic mental health services. In **high-income countries**, services exist but are often insufficient or difficult to access.
- **School-Based Interventions:** One solution is to increase mental health services within schools, making it easier for youth to access care where they spend much of their time. **Counseling services**, **peer support groups**, and **mental health education** in schools can help.
- **Community-Based Models:** In areas where formal mental health services are lacking, **community-based approaches** can fill the gap. Training community health workers or establishing mobile mental health units can help reach underserved populations.
- **Discussion Focus:** Propose ways to make mental health services accessible, particularly in **remote** or **rural areas**. The role of **telemedicine** and **digital health platforms** should be considered, especially given the success of online counseling during the COVID-19 pandemic.

4. Social Media and Technology:

- **Positive Impact:** Social media platforms can provide **support networks** for youth dealing with mental health issues, connect them to resources, and reduce stigma. Apps and online platforms also offer **mental health screening tools** and **counseling services**.
- **Negative Impact:** On the flip side, social media can contribute to **cyberbullying**, **self-esteem issues**, and **social isolation**, which are linked to anxiety and depression. The constant pressure for **online validation** can also harm mental well-being.
- **Solutions:** Explore ways to **harness technology for mental health**, such as through **mental health apps**, online support communities, and digital counseling services. Additionally, consider how governments and tech companies can regulate harmful online content and promote healthy social media use.

Key Points and Main Issues (cont.)

5. Social Determinants of Mental Health:

- **Poverty and Inequality:** Young people living in poverty are more likely to experience poor mental health due to stress, limited access to healthcare, and exposure to violence or trauma. Addressing poverty, inequality, and lack of education is essential to improving mental health outcomes.
- **Discrimination and Marginalization:** Minority groups, including LGBTQ+ youth, ethnic minorities, and refugees, are more vulnerable to mental health disorders due to discrimination and marginalization.
- **Solutions:** Propose policies that address the social determinants of mental health, such as better education, housing, and social safety nets, that can contribute to better mental health outcomes. Consider specific interventions targeting marginalized groups, including creating safe spaces and implementing anti-bullying policies.

6. Youth-Friendly Mental Health Policies:

- **Mental Health Policies:** Governments often neglect to include youth-specific provisions in their mental health policies. Call for policies that provide youth with access to care, protect their mental health rights, and integrate mental health programs for youth into broader education and healthcare systems.
- **School Programs:** Schools are critical to addressing mental health. Programs that teach emotional resilience, social skills, and stress management can reduce the risk of mental health problems in youth. Mental health literacy should be part of school curricula to reduce stigma and encourage students to seek help.
- **Discussion Focus:** Call for governments to adopt or strengthen mental health policies with a focus on youth, ensuring that mental health care is available through schools and other social services and propose involving youth voices in the creation of these policies.

Key Points and Main Issues (cont.)

7. Mental Health and COVID-19:

- **Pandemic Impact:** The COVID-19 pandemic has had a profound impact on youth mental health, leading to increased rates of anxiety, depression, and suicide. Factors like social isolation, loss of family income, and uncertainty about the future have contributed to this.
- **Post-Pandemic Recovery:** The pandemic has highlighted the importance of mental health preparedness in public health emergencies. Future plans should ensure mental health services are integrated into responses to crises like pandemics.
- **Discussion Focus:** Consider the lessons learned from COVID-19 regarding youth mental health and propose strategies for mental health resilience in future crises. This can include telehealth for mental health, emergency hotlines, and mental health support in schools.

8. Cultural and Gender Considerations:

- **Cultural Sensitivity:** Mental health is viewed differently across cultures. In some cultures, discussing mental health openly may be taboo, and traditional healing practices may be favored over formal mental health care.
- **Gender Differences:** Mental health issues manifest differently between genders. Girls may be more prone to anxiety and depression, while boys may experience underdiagnosis or express distress through aggression or substance abuse.
- **Solutions:** Explore ways to create culturally sensitive mental health programs, considering local beliefs and practices while promoting effective care. Additionally, consider ways to address the gender dimensions of mental health, discussing tailored approaches for boys and girls.

Key Points and Main Issues (cont.)

9. Role of International Organizations:

- **WHO:** The World Health Organization (WHO) sets global guidelines and provides technical assistance to countries working to improve youth mental health. WHO's Mental Health Action Plan 2013–2020 outlines global strategies, including increasing access to care and integrating mental health into education systems.
- **UNICEF:** UNICEF supports youth mental health through programs that focus on adolescent well-being, especially in conflict zones and among vulnerable populations.
- **Discussion Focus:** Think about actions your government would like the international organizations to take to promote youth mental health globally as well as ways that countries can collaborate with them to improve mental health outcomes. Additionally, think about specific actions that your government would like the WHO Director-General to take to increase the support and technical assistance that WHO provides to Member States to strengthen mental health services for youth around the world.

10. Call to Action and Youth Involvement:

- **Youth Participation:** Youth themselves are vital in shaping mental health policies and advocacy. Engaging youth in discussions, allowing them to share their experiences, and involving them in decision-making ensures that solutions are relevant to their needs.
- **Youth-Led Initiatives:** Encouraging peer support programs and youth-led awareness campaigns can be powerful tools in breaking down stigma and supporting mental health.
- **Solutions:** Propose ways to ensure youth participation in policymaking, including creating youth advisory boards in government health departments or supporting student mental health organizations.

[Strengthening mental health and psychosocial support before, during and after armed conflicts, natural and human-caused disasters and health and other emergencies \(WHO resolution 77.3\)](#)

2023

Summary: This WHO resolution recognizes in the preambular section the toll that armed conflicts, natural and human-cause disasters and health and other emergencies have had on the mental health of children and youth, who are disproportionately at risk of experiencing traumatic events that disrupts their cognitive, social and emotional development. In the operative section it calls for a number of actions to reduce the suffering of children and adolescents and increase support for mental health and psychosocial services. WHA resolution 77.3 is a followup to the Political Declaration that was adopted by the Executive Board in 2023 (see next link).

[Political declaration of the third high-level meeting of the General Assembly on the prevention and control of non-communicable diseases, and mental health](#)

NA

Summary: This Political Declaration preceded and led to Resolution WHA 77.3 (see above). While mental health is not the only focus of this declaration, it is an important element. There is a section of the Declaration that provides statistics and an update on progress made towards achieving mental health-related Sustainable Development Goals and the impact of COVID-19 on disrupting progress improving mental health. It also introduces the The UNICEF and WHO Joint Programme on Mental Health and Psychosocial Well-being and Development of Children and Adolescents and lists the countries that have joined the Programme (Bhutan, Colombia, Egypt, Guyana, Jordan, Maldives, Mozambique and Papua New Guinea). If you have been assigned one of these countries, you should further explore how your country is involved in this programme.

[Remarks by UN PGA at the Event on Mental Health of Children and Young People: How Can We Do Better?](#)

2024

Summary: At a United Nations event on the mental health of children and young people in April 2024, the President of the General Assembly (PGA) made remarks that included the following topics: investing in mental health, involving children and young people, protecting human rights, eliminating stigma, leveraging digital technologies and addressing the mental health crisis in conflicts. The PGA highlighted the particularly acute mental health crisis for children in conflicts and humanitarian emergencies, such as in Gaza, Ukraine, Sudan, and Haiti.

[Mental Health and Psychosocial Support \(MHPSS\) \(UNHCR\)](#)

2024

Summary: This report highlights the importance of establishing and supporting multi-sectoral Technical Working Groups for MHPSS to ensure coordinated efforts across different sectors.

[The Global Coalition for Youth Mental Health \(UNICEF\)](#)

2022

Summary: The Global Coalition for Youth Mental Health, aims to reduce stigma and raise awareness, advocating for government action, boosting investments in mental health, and promoting mental health support in workplaces.

[THE STATE OF THE WORLD 'S CHILDREN 2021 On My Mind: Promoting, protecting and caring for children's mental health \(UNICEF\)](#)

2021

Summary: This publication from UNICEF focuses on the impact of poor mental health on children and stresses the importance of psychosocial support and services for young people.

[Comprehensive Mental Health Action Plan 2013-2030 \(WHO\)](#)

2021

Summary: This global action plan emphasizes youth mental health, with specific strategies to improve adolescents' mental health. The plan addresses the need for prevention, treatment, and care in the context of youth.

[Mental health of adolescents \(WHO\)](#)

2021

Summary: The World Health Organization's fact sheet on adolescent mental health emphasizes risk factors such as exposure to violence, poverty, and stigma, and calls for policies that foster healthy environments. Promoting mental health awareness and improving access to care are essential to preventing long-term consequences. Along the right hand column of the page there are links to additional resources on this topic.

[MENTAL HEALTH MATTERS: SOCIAL INCLUSION OF YOUTH WITH MENTAL HEALTH CONDITIONS \(DESA\)](#)

2018

Summary: This publication from the UN Department of Economic and Social Affairs focuses on social inclusion of youth with mental health problems. It examines the prevalence and far-reaching impact of mental health conditions on young people's development and social integration.

[Adolescent Health Dashboards](#)

2023

Summary: Country profiles covering a wide range of demographic indicators as well as what national policies and plans to support adolescent development have been developed. Check to see if your country has a strategy or plan for adolescent mental health and if it does try to find it on the Internet.

[Mental Health Atlas 2020](#)

2020

Summary: The Mental Health Atlas, released every three years, is a compilation of data provided by countries around the world on mental health policies, legislation, financing, human resources, availability and utilization of services and data collection systems. It serves as a guide for countries for the development and planning of mental health services

Asia Pacific

[Australia's youth: Mental illness - Australian Institute of Health and Welfare](#)

2021

Summary: This survey found that a significant number of children and adolescents experience mental health issues.

[UNICEF report spotlights on the mental health impact of COVID-19 in children and young people](#)

2021

Summary: This highlights the deep and long-lasting impact of COVID-19 on children's and young people's mental health.

[STRENGTHENING MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SYSTEMS AND SERVICES for children and adolescents in East Asia and Pacific Region \(UNICEF\)](#)

2022

Summary: This report provides an overview of the mental health and psychosocial challenges and recommendations for strengthening the mental health system in East Asia and the Pacific.

African Group

[Youth Mental Health Toolkit On 5 Emerging Issues in Africa \(African Union\)](#) **2024**

Summary: The goal of this #ICanSurvive toolkit is to address the mental health challenges faced by African youth, stemming from the continent's complex social, political, and economic context. These challenges were identified through extensive engagements, including town hall meetings, community visits, consultations, and surveys, involving over 50 000 young people across Africa and the Diaspora in 2022

[Mental health of adolescents](#) **2021**

Summary: This WHO webpage provides a general introduction to the mental health of adolescents with an emphasis on mental health determinants, emotional, behavioural and eating disorders, suicide, early detection and treatment and what WHO is doing to assist governments in responding to the health needs of adolescents.

[Taking stock of children's mental and psychosocial wellbeing in Ethiopia during COVID-19 \(UNICEF\)](#) **2020**

Summary: This report highlights the significant mental health challenges children and young people faced during the pandemic in Ethiopia.

[Mental Health: A right for all \(WHO Africa\)](#) **2024**

Summary: This article is about an event organized by the Angolan Ministry of Health on the mental health situation in Angola. The event offered an opportunity for journalists, digital influencers and specialists from the different institutions to exchange experiences and learn about the problem of mental health in Angola. It emphasizes the importance of mental health as a fundamental human right. It underscores the need for inclusive mental health policies and services to ensure that all individuals, especially those in marginalized communities, have access to necessary mental health care.

Latin America and the Caribbean

[Mental Health Atlas of the Americas 2020](#)

2020

Summary: The WHO Mental Health Atlas is the best-known and most comprehensive resource for information on mental health resources globally. It aims to provide up-to-date information on the existence of mental health services and resources, including mental health policies and legislation, financing, the availability and utilization of mental health services and human resources, and mental health promotion and prevention. This 2020 edition of the Mental Health Atlas of the Americas, based on data from 2018 to 2020, is an important compilation of information on mental health systems in the Member States of the Pan American Health Organization (PAHO).

[THE STATE OF THE WORLD 'S CHILDREN 2021 On My Mind: Promoting, protecting and caring for children's mental health: Regional brief Latin America and the Caribbean \(UNICEF\)](#)

2021

Summary: This report provides a regional perspective on the state of children's well-being in Latin America and the Caribbean, focusing on the impacts of the COVID-19 pandemic and other factors affecting children and adolescents in the region that includes two case studies of Peru and Mexico.

[Mental health and psychosocial well-being support case study: Ecuador \(UNICEF\)](#)

2021

Summary: This case study highlights how mental health and psychosocial well-being services are integrated into the education system of Ecuador.

Europe

WHO EUROPEAN FRAMEWORK FOR ACTION ON MENTAL HEALTH 2021–2025

2022

Summary: The WHO European Framework for Action on Mental Health (EFAMH), covering the period 2021–2025, sets out a response to current mental health challenges arising from the negative impact that the COVID-19 pandemic has had on population mental health and well-being. The EFAMH provides a coherent basis for increasing efforts to safeguard mental well-being as an integral element of COVID-19 response and recovery; to counter the stigma and discrimination associated with mental health conditions; and to advocate for and promote investment in accessible quality mental health services.

Paving the way for quality mental health care in Ukraine (WHO)

2021

Summary: Ukraine approved a new National Mental Health Action Plan to improve mental health care across the country. The plan integrates mental health services into general health care and emphasizes the development of community-based mental health teams.

Remarks by Member States at the Event on Mental Health of Children and Young People: How Can We Do Better?

2024

Summary: At a United Nations event on the mental health of children and young people in April 2024, the following Member States made statements on this issue: Qatar, Canada, Mexico, Indonesia, Kuwait, South Africa, Grenada, Poland, Ukraine, Bahrain, Japan, and Singapore. Even if your country did not make a statement at this event, these speeches can give you a good idea of what real diplomats say when speaking about mental health and youth.

Statements submitted by Member States and other participants at the Seventy-seventh World Health Assembly

2024

Summary: During the 77th Session of the World Health Assembly, Member States discussed mental health under agenda item 11.2 (“Follow-up to the political declaration of the third high-level meeting of the General Assembly on the prevention and control of non-communicable diseases”). If your country is listed in the first column under Committee A, which is titled “Items 11.1, 11.2”, you should read the statement to see if there is any reference to mental health. Two examples are provided below. These are good examples of what real ambassadors say during Committee A meetings and could be useful to helping you write your own statement that you will have a chance to deliver during the General Discussion segment of the simulation.

Agenda Item 11.2: Follow-up to the political declaration of the third high-level meeting of the General Assembly on the prevention and control of non-communicable diseases

NA

Summary: This is Grenada’s statement on agenda item 11.2 that contains many comments on mental health. While these comments are general, they can be applied to the mental health of adolescents. Compare this statement with the one delivered at the Event on Mental Health of Children and Young People listed above.

DECLARACIÓN DE LA REPÚBLICA DOMINICANA EN RELACIÓN A LA COBERTURA SANITARIA UNIVERSAL, SEGUIMIENTO A LA DECLARACIÓN SOBRE PREVENCIÓN Y CONTROL DE LAS ENT Y SALUD MENTAL/DECLARATION OF THE DOMINICAN REPUBLIC REGARDING HEALTH COVERAGE UNIVERSAL, FOLLOW-UP TO THE DECLARATION ON PREVENTION AND CONTROL OF NCDs AND MENTAL HEALTH

NA

Summary: The country position of the Dominican Republic on agenda item 11.2 (“Follow-up to the political declaration of the third high-level meeting of the General Assembly on the prevention and control of non-communicable diseases”) of the World Health Assembly’s 77th session. The list of countries aligned with this declaration include: Argentina, Bahamas, Brazil, China, Chile, Costa Rica, Denmark, Ecuador, El Salvador, Guatemala, Guyana, Haiti, Mexico, Nicaragua, Panama, Paraguay, Peru, and Uruguay.

Child and Adolescent Mental Health - National Institute of Mental Health (NIMH) 2024

Summary: This report highlights why children’s mental health is important, what are the warning signs of mental health conditions in children and also provide information on how to seek treatment while providing additional resources.

FACT SHEET: Biden-Harris Administration Highlights Strategy to Address the National Mental Health Crisis 2022

Summary: Statement issued by the White House Briefing Room about actions needed to strengthen health workforce, overcome barriers that affect access to mental health services, and steps needed to prevent mental health challenges and promote mental well being.

ASEAN PLUS THREE LEADERS' STATEMENT ON COOPERATION ON MENTAL HEALTH AMONGST ADOLESCENTS AND YOUNG CHILDREN

2021

Summary: Declaration by ASEAN countries on mental health adopted at 24th ASEAN Plus Three Summit. It encourages Asia-Pacific countries to strengthen universal health coverage further by ensuring basic mental health care services and psychosocial support that are affordable and accessible and calls for more collaboration between Asia-Pacific countries, that aim to address mental health issues, particularly amongst adolescents and young persons. Anyone who has been assigned one of the 11 countries that are members of ASEAN can use this declaration to help define your country's position on child and adolescent mental health.

[World Economic Forum Youth Mental Health 2020](#)

2020

Summary: This publication focuses on developing global strategies to address youth mental health through early intervention, rapid access to care, and engagement of young people in mental health policies

[Why are mental health issues rising among young people?](#)

2023

Summary: Youth Talks - an initiative for and by the youth, empowering them to actively promote their voices on a global scale - examines why mental health issues among youth are increasing. In the course of answering this question it also provides answers to: what is mental health, .It discusses the growing prevalence of mental health issues among youth, contributing factors, signs and symptoms, the importance of early intervention, and the role of support systems.

[Physical activity and exercise in youth mental health promotion: a scoping review](#)

2020

Summary: The study provides an overview of the global prevalence of mental disorders among children and adolescents. It reviewed data from various sources and identified a high prevalence of mental disorders among children and adolescents worldwide.

TIP: You can easily find research on the mental health situation in your assigned country by using the “name of your country” and the words “child and adolescent mental health” as keywords in your preferred search engine. Several examples follow of what you can find by following this one step.

Asia Pacific

[Hidden struggles: the surprising mental health crisis among Japan's youth](#)

2023

Summary: It details the surprising fact that mental health is a crisis in Japan among youth.

[Adolescent mental health in China requires more attention](#)

2020

Summary: This article published by Lancet identifies the need for greater attention to be given to Adolescent mental health in China.

[Child and Adolescent Mental Health Services in Australia: A descriptive analysis between 2015–16 and 2019–20](#)

2023

Summary: This study provides an analysis and commentary on child and adolescent mental health services (CAMHS) in Australia. The results indicated that child and adolescent inpatient admissions had the highest cost per patient day but lower rates of significant improvement and higher 14-day readmission rates than other ages. The authors suggest that these findings could be due to increased complexity in treating young people and call for further research as to the reasons for these treatment shortfalls.

African Group

[Adolescent mental health research in Tanzania: a study protocol for a priority setting exercise and the development of an interinstitutional capacity strengthening programme](#)

2021

Summary: The study aims are twofold: first, to identify gaps and priorities in adolescent mental health research in Tanzania and second, to identify gaps in capacity needed to deliver this research agenda, which will inform the development of a national research capacity programme to address these gaps. This research highlights the critical role that research plays in the development of adolescent mental health policies.

[Prioritizing children's mental health amidst Sudan's humanitarian crisis: policy recommendations for immediate action](#)

2023

Summary: This paper contains policy recommendations for immediate action to prioritize children's mental health amidst Sudan's humanitarian crisis. Crucial strategies include enhancing healthcare accessibility for children and their caregivers, promoting education, and improving household living conditions. The paper also recommends partnerships with local non-governmental and humanitarian organizations to implement public health programs effectively.

[Mental health and psychosocial well-being among adolescents in Tanzania](#)

2021

Summary: A report focused on the mental health and psychosocial well-being among adolescents in Tanzania. This report is focused on identifying the key drivers of mental ill-health and psychosocial well-being among two subgroups of adolescents

African Group (cont.)

[Mental health problems in Somalia after decades of humanitarian crises: a qualitative exploration of perceptions and experiences](#)

2024

Summary: This paper provides a qualitative exploration of perceptions and experiences of mental health problems in Somalia after decades of humanitarian crises in order to develop an evidence-based, effective, equitable, and humane programme for mental health in the country.

Americas

[Mental Health Disparities: Mexico's Struggle to Bridge the Gap](#)

2023

Summary: This webpage summarizes the results of a survey conducted for World Mental Health Day that uncovered a notable discrepancy in mental health awareness and accessibility in Mexico.

[Data and Statistics on Children's Mental Health](#)

2023

Summary: This web page published by the Centers for Disease Control and Prevention provides data and statistics on children's mental health in the United States.

[Kids' mental health is in crisis. Here's what psychologists are doing to help](#)

2023

Summary: In addressing the complex and growing mental health needs of the youth population, this report focuses on the current strategies being adopted to address the youth mental health crisis.

[Youth and Young Adult Peer Support Expanding Community-Driven Mental Health Resources](#)

2022

Summary: With increasing stressors among youths, this plan was created to address the current youth mental health crisis. It covers the challenges and opportunities in youth and young adult mental health, the importance of peer support and lived experience leadership, a comprehensive approach to youth peer support, and key considerations to make a difference in supporting mental health services.

Europe

[Russian adolescent mental health in 2002, 2015
and during the COVID-19 pandemic in 2021](#)

2022

Summary: This study examined changes in adolescent mental health and substance use in Russia between 2002, 2015 and during the pandemic in 2021.



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