

# MENTAL HEALTH OF THE YOUNG

LET NO ONE BE LEFT ALONE...



## Motivation

The Salesian understanding of evangelisation is motivated by a holistic concern. It is followed by an educative concern for **the growth of the person in all aspects**. This anthropological approach leads us to understand better how the different areas of Salesian education are happily marked by a wholesome humanism and, therefore, by a care for the health of every young person.

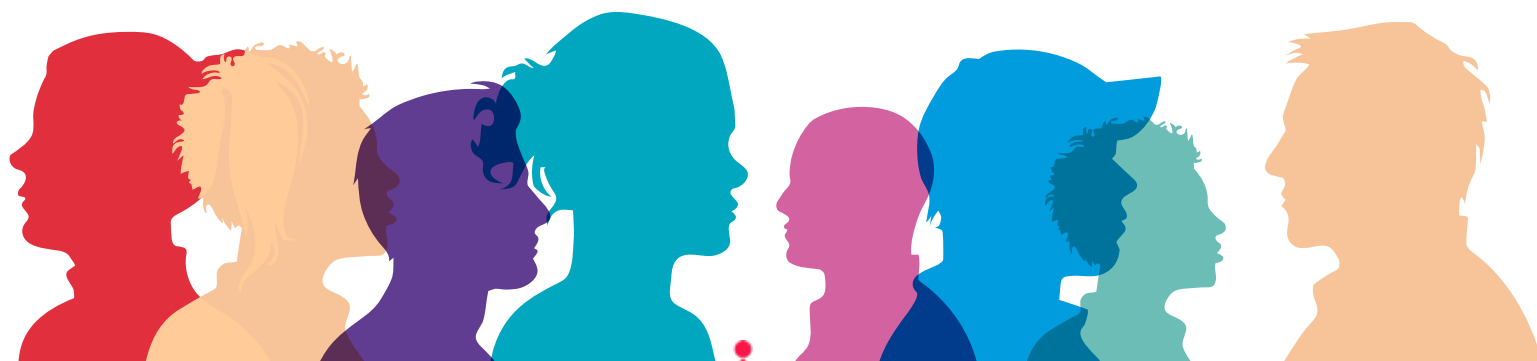
The World Health Organization (WHO) defines health as “**a state of complete physical, mental and social well-being and not simply the absence of disease or infirmity.**”

As with physical health, mental health is an indispensable component of a person’s well-being: it underpins the human capacity to think, feel, learn, work, establish deep relationships, and contribute to the community to which they belong and to the world at large. Thus, Mental Health is an integral part of health.

According to the World Health Organization (WHO), the global burden of mental disorders continues to grow with a consequent impact on health and major social, human and economic aspects in all countries around the world. These disorders, occur in all age groups, are associated with difficulties in daily activities, work, interpersonal, and family relationships, and result in high social and economic costs for those affected and their families.

Growing awareness of the increased suffering and burden of disease surrounding mental disorders necessitates **preventive measures** apart from cures for these pathologies.

In particular, considering that according to WHO data worldwide, 10-20% of children and adolescents suffer from mental disorders and that half of all mental illnesses begin at age 14 and three-quarters begin by age 25, it becomes critical that from an early age children are facilitated and supported in building life skills that can help them cope with daily challenges.



12, 13, 15, 19 AND 21 MARCH 2024



SALESIAN YOUTH MINISTRY SECTOR

## PREVENTION AND PROMOTION OF MENTAL HEALTH IS BASED ON AWARENESS AND UNDERSTANDING OF THE WARNING SIGNS AND SYMPTOMS OF MENTAL DISORDERS



The **purposes** of the Webinars on the said topic are as follows

- Reflect on the needs of the most vulnerable people and their psychological vulnerabilities.
- Advocate for the promotion of young people's psychological well-being.
- Address stigmatization and discrimination.
- Learn about the issue to intercept discomfort and offer support in educational settings.
- Recommend targeted interventions for people at risk.
- Develop and implement measures to reduce preventable causes of mental health problems, co-morbidity and suicide..



### Dates, Speakers and Topics

- **12 March:** EATING DISORDERS  
Dra. Estefanía Galindo Cano y Dra. Jessenia Morillo González (Spanish Province FBF)
- **13 March:** MENTAL HEALTH OF MIGRANTS AND REFUGEES  
Dr. Massimo Marianetti (Roman Province FBF)
- **15 March:** YOUTH DEPRESSION  
Dra. Ana Guimarães (Portuguese Province FBF)
- **19 March:** BULLYING  
Dr. Roger Ballejà i Ruiz, Dr. Víctor Manuel Barrau Alonso y Dra. Ana Sofía Calvache López (Spanish Province Hospitaller Sisters)
- **21 March:** SUICIDE AND SELF-HARM  
Dra. Anna Síntes (Spanish Province FBF)



### Target Audience

PTeachers, educators, animators and Salesians involved in all sectors (schools/CFP/VTC, oratory-Youth Center, parish, social works, university, etc.) and Salesian-inspired organizations.



### Time Frame. March 2024

**5 sessions of 2 hours** with time for questions and answers. Each webinar will be held in two time slots to allow the participation by everyone.

#### Timetable

**8.00 (UTC+1 Roma):** English language  
**18.00:** Italian, English, Spanish, French and Portuguese

#### Mode of the Meeting

Online meeting with Zoom platform.

#### Link

<https://sdb-org.zoom.us/j/82613771037?pwd=8VZbAbThZPQPT1uqV0JTp7O8jexPt.1>

**Meeting ID:** 826 1377 1037

**Passcode:** 785565

In collaboration with:



Hermandades Hospitalarias  
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Orden Hospitalaria de San Juan de Dios  
Provincia de España

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