

Mental Illness and the Causes of Mental Illness in Teen

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Abstract

Mental illness among the youth has become a significant public health concern worldwide, affecting their academic performance, relationships, productivity, and overall quality of life. Factors such as academic pressure, unemployment, substance abuse, social media influence, family conflicts, and lack of awareness contribute to rising psychological issues among young people. Common disorders include depression, anxiety, bipolar disorder, substance use disorder, and suicidal tendencies. Early identification and intervention are critical to prevent long-term consequences, yet stigma and limited access to mental health care remain major barriers. Schools, colleges, families, and policymakers play a vital role in promoting mental health awareness, resilience-building, and accessible counseling services. Strengthening support systems, integrating mental health education, and reducing stigma can ensure holistic well-being and empower the youth to lead productive and meaningful lives.

- **High Prevalence:** Around 15% of young people (aged 10-19) globally have a mental disorder, making it a leading cause of illness and disability in this age group.
- **Long-term Consequences:** Untreated mental health conditions can extend into adulthood, limiting individuals' opportunities for fulfilling lives and negatively influencing their future mental and physical health.
- **Impact on Functioning:** Mental health problems in youth can lead to poor academic performance, strained peer relationships, and disruptive behaviors. Risk Factors
- **Environmental Factors:** Early negative experiences, such as exposure to violence, poverty, and parental mental illness, increase the risk of developing mental health issues.
- **Social Pressures:** The significant changes and uncertainties of adolescence, including issues related to identity, relationships, and future, can elevate anxiety and depression.
- **Biological and Genetic Factors:** Emerging mental health conditions can have origins in the natural processes of development and maturation during adolescence and young adulthood. Addressing Youth Mental Health
- **Intervention and Support:** Mental health disorders in adolescents are often treatable and amenable to intervention programs.
- **Multisectoral Approach:** Strategies to promote mental health, prevent conditions, and provide care require involvement from various sectors, including families, schools, and health services.
- **Early Detection:** Recognizing mental health issues early is crucial, as the early onset of disorders is linked to greater risks of persistence, complications (comorbidity), and poorer outcomes throughout life.

With growing pressure and exposure, it is important to identify mental illness and causes of mental illness in teen are constantly exposed to new things every day. They grow up so quickly before we even know it.

As they grow, it's normal to change since they learn new things and their bodies transform into adult selves. But with all these changes going on, how can they tell which changes are normal? At what point should they start worrying that teen tantrums or mood swings are more than just growing pains? It can be hard to tell. Mental illness affects relationships and the way they conduct themselves in professional world including colleges and in Universities.

Good mental health is quite important for a growing Teen and it allows developing the flexibility to cope with whatever comes their way and helps them grow into a healthy individuals.

Mental illness can affect anyone at any age and there are certain factors that can act as a catalyst which makes teen more prone to mental illness. Few of them are listed below

Causes of Mental illness in youth

Long term physical illness

Family history of mental illness

Losing someone who is very close

Divorce and separated parents

Bullied or physical abuse at early age

Handling or experiencing financial issues

Experience discrimination, racism

Educational pressure

Problems among family members, regular fights and arguments

Pretentious nature because of pampering of the parents and Grand parents

Single parent (Mother):- The responsibility of the mother to be taken forcefully which causes mental illness or trauma, losing resilience.

Things that could help Teen and keep up mental health

Good physical health and eating healthy

Time to relax and involve in some sports

Being with family and communication among family members

Involving with locals and connecting in local events

Feeling loved, trusted, understood and safe

Enjoying opportunities and accepting failures

Having optimistic and hope around

Good friends and hobbies

Belonging to a family or a group

Strength to cope up with difficult situations.

Consistency in practicing Yoga and Meditation.

What mental disorders are mainly seen affecting youth?

Some of the main groups of mental disorders are:

Mood disorders (such as depression or bipolar disorder) Anxiety disorders.

Personality disorders.

Psychotic disorders (such as schizophrenia) Eating disorders.

Trauma-related disorders (such as post-traumatic stress disorder) Substance abuse disorders.

What are the 6 types of mental disorders?

- A. Anxiety & Panic Disorders.
- B. Bipolar Disorder.
- C. Depression.
- D. Eating Disorders.
- E. Schizophrenia.
- F. Substance Abuse & Addiction.

Panic attacks.

- P Nightmares.
- Obsessive thoughts.
- Fear of leaving the house
- Physical symptoms such as pain, nausea and headaches.

What are the top mental illnesses?**Categories**

- Anxiety Disorders (40)
- Autism Spectrum Disorders (32)
- Awareness and Advocacy (21)
- Bipolar Disorder (30)
- Borderline Personality Disorder (2)
- Depression (48)
- Mindfulness (8)
- More Resources (50)

What is seriously mentally ill?

Serious mental illness (SMI) is defined as a mental, behavioral, or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities.

What is the most severe mental illness?

Here we look at two of the most common severe mental illnesses: **Schizophrenia** and bipolar disorder (or Panic depression). Schizophrenia is a serious mental illness that affects a person's thinking, and that can consequently alter their perception of reality, their emotions and their behavior.

What Is Schizophrenia?

Schizophrenia is a mental disorder that usually appears in late adolescence or early adulthood. Characterized by delusions, hallucinations, and other cognitive difficulties, schizophrenia can often be a lifelong struggle.

What are the 4 A's of schizophrenia?

The mnemonic for his description of these disorders came to be known as Bleuler's four A's: (disturbance of) Affect, Association, Ambivalence and Autism, each of which identified a disturbance in those so afflicted.

How does schizophrenia start out?

It occurs at similar rates in all ethnic groups around the world. Symptoms such as hallucinations and delusions usually start between ages 16 and 30. Men tend to experience symptoms earlier than women. Most of the time, people do not get schizophrenia after age 45.

What is psychotic behavior?

Psychotic disorders are severe mental disorders that cause abnormal thinking and perceptions. Teen with psychoses lose touch with reality. Two of the main symptoms are delusions and hallucinations.

Who is most likely to get a mental illness?

Anxiety disorders are the most common mental illness in the world. Affecting 40 million adults in the world and under age 18 and older, or 18.1% of the population every year.

Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment.

What's bipolar depression?

Bipolar disorder, formerly called manic depression, is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). When teen become depressed, they may feel sad or hopeless and lose interest or pleasure in most activities. Immediate hospital care is needed, increased energy, restlessness, aggressively active, extreme irritability, rapid speech, increased sexual drive, abuse of drugs, sleeping too much.

At what age does mental illness begin?

Mental illness is common. About 1 in 5 adults has a mental illness in any given year. Mental illness can begin at any age, from childhood through later adult years, but most cases begin earlier in life.

Depression:

Depression is quite common and most people encounter depression in varied degree. Lot of youth is seen depressed due to peer pressure which comes with exorbitant competition to grow and succeed. Some Teen are seen depressed due to pressure of education and comparison from the parents. Parents should play a vital role to bring them back as normal health conditions.

Self harm:

There has been a sudden growth with respect to self-harm. You might have heard about crazy mobile games pushing youth to perform certain actions including harming themselves and even suicide just to win a game. In this context youth may suffer from mental illness like cutting or burning themselves. Threatening and abusing from the net game co-players and thereby committing suicide.

Generalized anxiety disorder (GAD) can cause young people to become extremely worried. Very young Teen starting or moving college may have separation anxiety.

Post-traumatic stress disorder (PTSD) can follow physical or sexual abuse, witnessing something extremely frightening or traumatizing, being the victim of violence or severe bullying or surviving a disaster.

Teen who are consistently overactive (hyperactive), behave impulsively and have difficulty paying attention may have attention deficit hyperactivity disorder (ADHD). Many more boys than girls are affect-

ed, but the causes of ADHD aren't fully understood.

Eating disorders are more common in girls than boys. The number of young people who develop an eating disorder is small, but eating disorders such as anorexia nervosa (Insomnia, dizziness, skipping meals, withdrawal from social activities) and bulimia nervosa (over eating and forcing themselves to vomit) have serious consequences for their physical health and development.

When does mental illness occur and how one can identify it?

It is not easy to identify mental illness. In past decades, mental illness has been spreading its wings all around the world. It is impossible to come out of one's sufferings of Mental illness. Most girls suffer through post-partum depression and manage to come out of it. Many young Teen face tough situations which pushes them towards mental illness.

Most Teen react in different ways when they are depressed. We may find individuals who prefer sitting alone or are unable to connect to the Physical world. Few individuals get more aggressive than usual and lose connections or blame people. Some tend to choose a different path and leave their loved ones. Some Teen might hide stuff from parents and their guilt would make them depressed or angry. The symptoms are different for every Teen.

What support is available?

A lot of help is available and major section of our society is focusing on mental health and causes of mental health in youth. National Mental Health Programme (NMPH), District Mental Health Programme (DMHP), National Tele Mental Health Programme (NTMHP), and support through school health programmes. As per the curriculum of CBSE in each and every school, a counselor has to be appointed. We may find lot of mobile applications developed by involving experts. There are a lot of experts and counselors working with NGOs.

Parental help

When the parents observe the younger one upset, they've to approach the child to know the reason. As parents, it is important for them to discuss feelings with their Teen. Always work towards creating a bridge between thoughts to support and connect. Parents should express their confidence and expectations with the child to evoke them to overcome the mental illness.

Professional help

A lot of professional help is available in this field. Whenever the symptoms are found parent and child has to consult a child Psychologist, Psychiatrist or a Counselor, to get a solution. In College counselors and psychologists are appointed to facilitate the students to counsel and support.

Talking it through

Simply connecting with someone and talking about youth feelings could be beneficial. Connecting someone with same age is great and gives confidence to a teen. Talking and connecting with the people will resolve the youth issues. It creates a sense of belonging. Open discussions about the Mental Health of the teen would be beneficial.

Medication

Experts do suggest medication in some cases. A Lot of research is being done in this field.

When they are upset and depressed, remember who has to fight it. Youth or teen they themselves who have to find their happiness.

Psychiatrist Medications: Antidepressants, anti-anxiety medications, stimulants, antipsychotics, and mood stabilizers.

Psychologists primarily utilize psychotherapy (talk therapy) to address mental health conditions.

What is a paranoid thought?

Paranoid thinking typically includes persecutory, or beliefs of conspiracy concerning a perceived threat towards oneself. Paranoia is distinct from phobias, which also involve irrational fear, but usually no blame.

How long can psychosis last?

Brief psychotic disorder - psychotic symptoms last at least 1 day but no longer than 1 month. Often occurring in response to a stressful life event. Once symptoms have gone, they may never return.

Can psychosis go away?

In many cases, psychosis may go away after the substance abuse is stopped; however, in others, symptoms may persist well beyond the point of substance use. ... Substance intoxication or withdrawal may bring on psychotic symptoms, and when this occurs, crisis intervention methods and medical detox may be necessary.

What happens if a normal person takes antipsychotics?

Both typical and atypical antipsychotics commonly cause side effects like drowsiness, dizziness, blurred vision, constipation, nausea, and vomiting, per the NIMH. These often go away. But the drugs can also cause serious long-term side effects.

Conclusion:

Mental illness among the youth is a growing concern that requires urgent attention from families, schools, communities, and policymakers. The challenges faced by young people—ranging from academic pressure and social expectations to unemployment and digital stress—often intensify mental health issues when left unaddressed. Early detection, open conversations, proper counseling, and accessible healthcare services can make a significant difference in improving outcomes. Above all, creating an environment of acceptance, support, and awareness is vital to help youth cope with challenges and build resilience. By prioritizing mental health today, society ensures a healthier, more productive and hopeful future generation.