THE STATE OF THE WORLD'S CHILDREN 2021

On My Mind

Promoting, protecting and caring
for children's mental health

GEAS- UNICEF Adolescent Mental Health Webinar
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13% of 10–19-year-olds globally experience mental disorders

80 million 10–14 / **86** million 15–19

## Estimates of key mental disorders among adolescents globally, 2019

Age 10–19, boys and girls

Anxiety and depressive disorders	42.9%
Conduct disorder	20.1%
Attention-deficit/hyperactivity disorder	19.5%
Idiopathic developmental intellectual disability	14.9%
Remaining mental disorders	9.5%
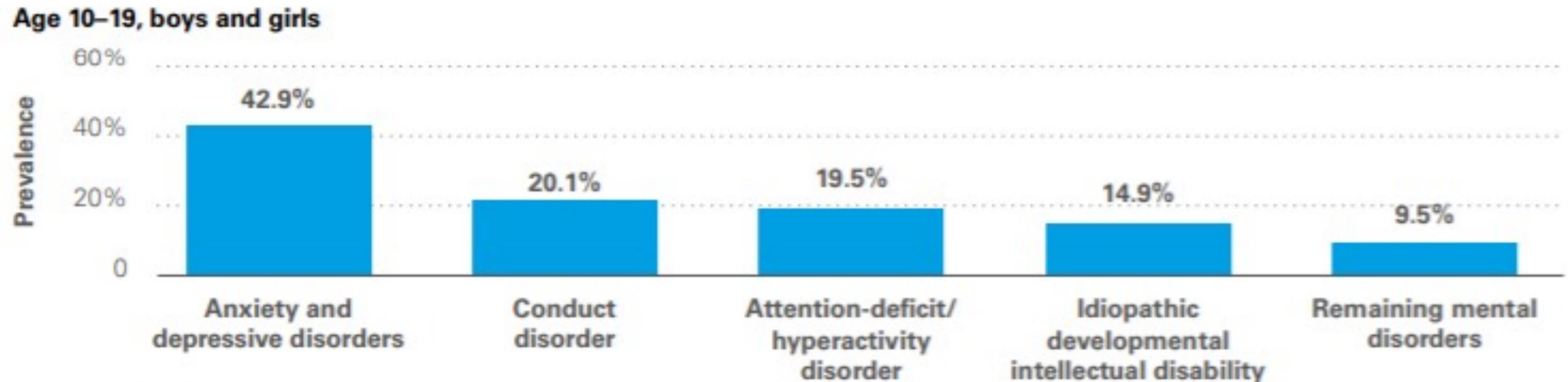
Suicide is the 4th most prevalent cause of death for 10–19-year-olds

Top 10 causes of death for adolescent boys and girls aged 15–19 globally, 2019

Boys and girls aged 15–19
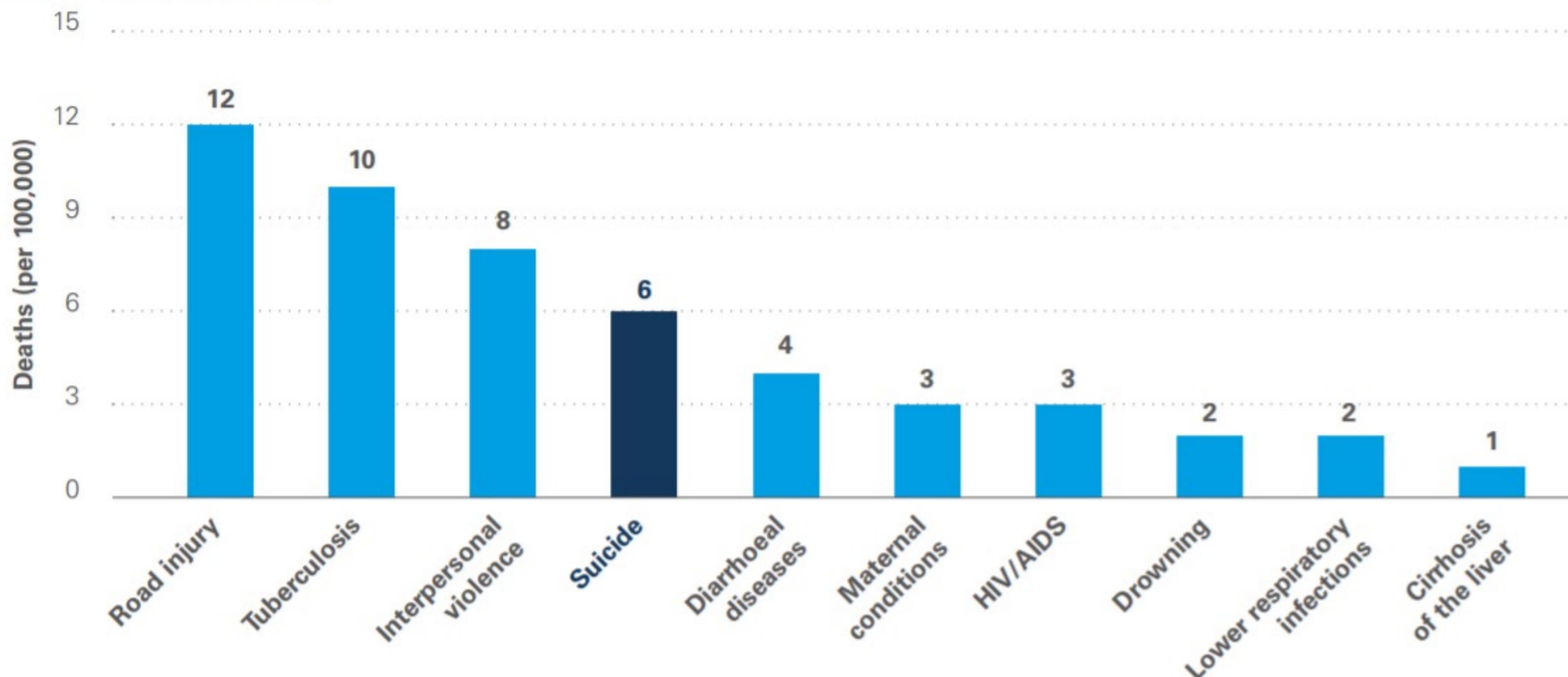
Investment remains negligible

2.1%

of the median government health expenditure is allocated for mental health globally [1]

0.1%

development assistance to health was devoted to child and adolescent mental health [2]

1. World Health Organization, updates for the 2020 World Mental Health Atlas. 2. Lu, Chungling, Zhihui Li and Vikram Patel, 'Global Child and Adolescent Mental Health: The orphan of development assistance for health', PLOS Medicine, vol. 15, no. 3, 2018, e1002524.

$387.2 billion a year

estimated cost of human potential lost due to mental health conditions and suicide in children and adolescents

Cost of mental disorders based on country-specific GDP per capita adjusted for PPP, in US$ millions

Eating disorder
US$12,132
4%

Schizophrenia
US$4,663
1%

Bipolar disorder
US$17,997

Autism
US$27,136
8%

5%

Intellectual developmental disability
US$35,248
10%

Anxiety
US$91,620
27%

Depression
US$74,410
22%

Childhood behavioural disorder
US$76,980
23%
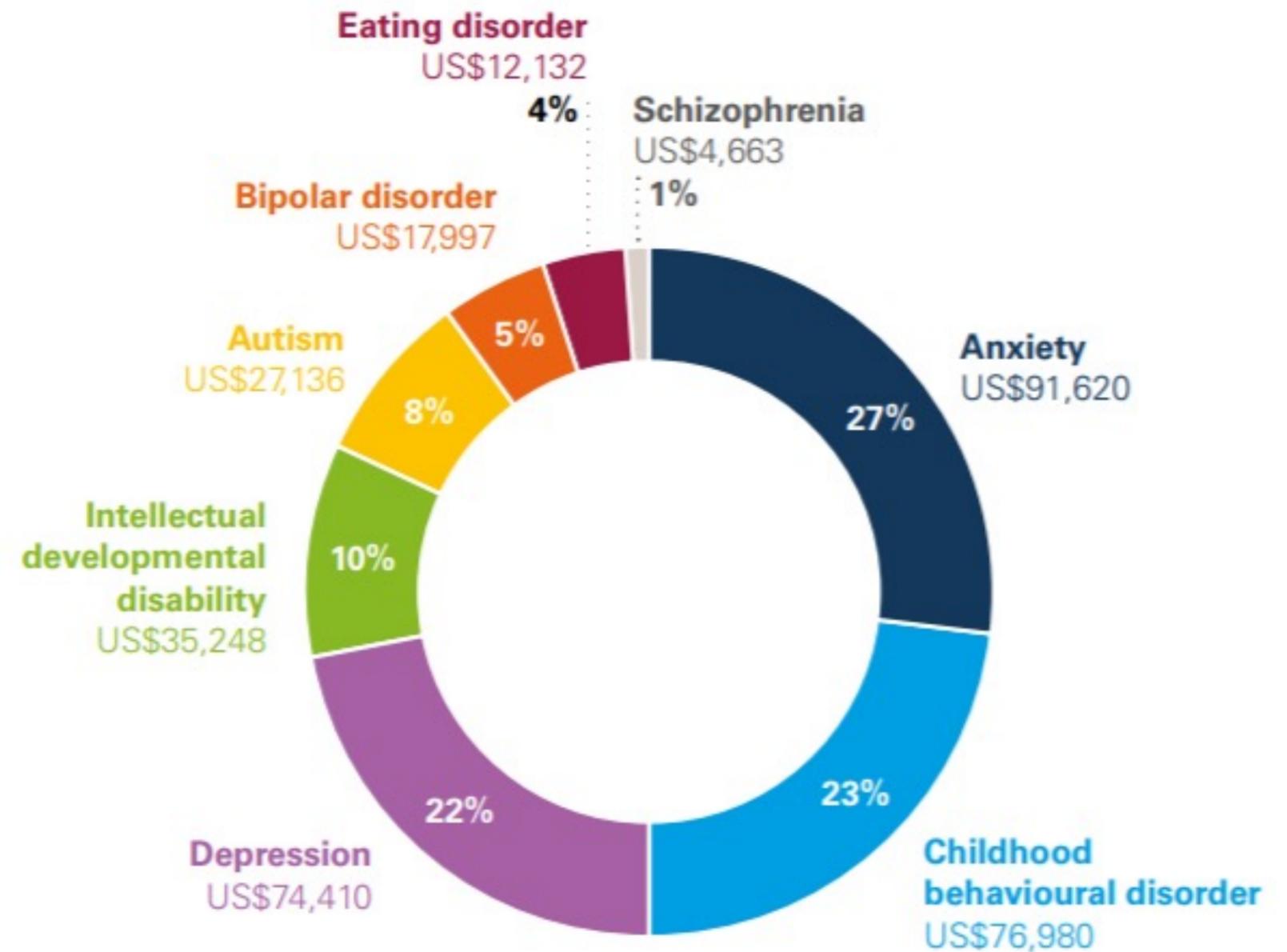
Source: McDaid, David and Sara Evans-Lacko, 'The Case for Investing in the Mental Health and Well-being of Children', background paper for *The State of the World's Children 2021*, United Nations Children's Fund, May 2021.

Mental health is a state of health

Chronic conditions

Mild, time-limited distress

Severely disabling conditions

Positive mental health

The **WORLD AT LARGE** reflects large-scale social determinants, such as poverty, disaster, conflict, discrimination, migration and pandemics.

The **WORLD AROUND THE CHILD** reflects safety and security – in person and online – and healthy attachment in schools and communities

The **WORLD OF THE CHILD** is the world of mothers, fathers and caregivers. Adequate nutrition, safe homes, and engaged caregivers are key

In dynamic and evolving ways, these spheres of influence help shape mental health outcomes at every stage of life – from the perinatal period, through childhood and adolescence, and into adulthood.

Protection and Risk

Perinatal	1. Maternal age under 18 at birth of a child
	2. Low birthweight
Early childhood	3. Lack of minimum acceptable diet of five or more of eight food groups
	4. Lack of preschool enrolment
	5. Lack of playthings, including toys, home-made, manufactured or household objects
Childhood	6. Lack of primary school attendance
	7. Violent discipline
	8. Child labour
	9. Orphanhood
Adolescence	10. No close friends
	11. Bullying
	12. Lack of physical activity
	13. Sedentary behaviour
	14. Overweight
	15. Underweight
	16. Heavy alcohol use
	17. Marijuana use
	18. Lack of secondary school attendance
	19. Not in education, employment or training (NEET)
	20. Child marriage
	21. Intimate partner violence – sexual
	22. Intimate partner violence – physical
	23. Intimate partner violence – psychological
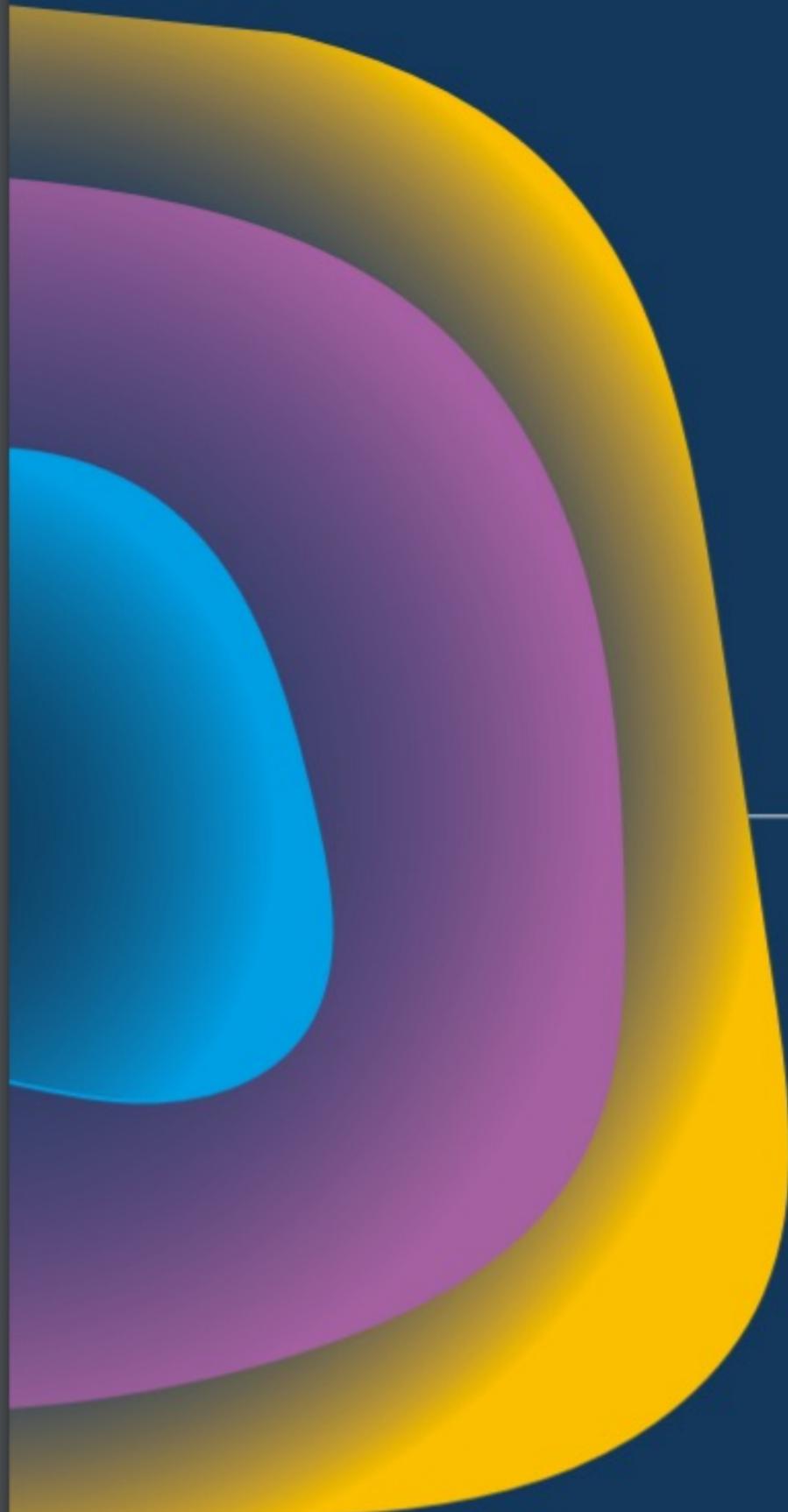
Support families, parents and caregivers

Ensure schools support mental health

Strengthen systems and workforces

Improve data and research

Framework for action

1

Support families, parents and caregivers

- Promote responsive caregiving
- Help parents support their child's mental well-being
- Give parent's training on how to respond to their child's mental health challenges
- Support caregiver's mental health

2 | Ensure schools support mental health

- Invest in whole of school approach to mental health
- Strengthen teachers' knowledge and socioemotional competencies
- Prevent suicide

3

Strengthen systems and workforces

- Strengthen mental health capacity and services in PHC, social protection, and community care systems
- Respect child rights in mental health services
- Provide MHPSS interventions in humanitarian settings
- Address gender inequalities in mental health programming

4 Improve data and research

- Strengthen research
- Routinely monitor mental health
- Support implementation research and science

"We may not have all the answers, but we know enough to be able to act now."

-SOWC Development Advisory Group on Mental Health