

Mental Health Awareness Among Youths: Challenges & Solutions

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Abstract: - Mental health has become one of the major concerns today, at the forefront of other life issues, especially among youth with increased pressure from academics, career uncertainty, social media, and relationship issues. There has been a realization that the mental health challenges pose a critical global public health priority; this is mainly because the period of adolescence and young adulthood are formative age periods where biological, psychological, and social transitions occur rapidly. The evidence presented in recent years reflects that mental health disorders have increasingly been rising among young people, also including depression, anxiety, and self-harm, triggered by academic pressure, unemployment, social inequality, digital overexposure, and long-term effects of world crises-the COVID-19 pandemic. Despite its importance, mental health problems are poorly acknowledged due to stigma, lack of information, cultural taboos, and poor mental health literacy and unawareness. One key barrier to promoting awareness of youth mental health is a deficiency in accessible, youth-friendly services for their mental health, especially in low-resource and rural settings. Existence of structural barriers in shortage of professionals, fragmentation of service delivery, and financial constraints further widens the treatment gap. Moreover, fear of stigma and discrimination works as an impediment for youths to raise their voice regarding their mental health issues or seek support.

The purpose of this paper is to create awareness about the importance of mental health awareness in the development of young people's emotional and psychological conditions. In addition, it addresses the challenges that young people are undergoing, including stress, anxiety, depression, and peer influence. According to this paper, mental health awareness is crucial in young people's development as it increases self-confidence, academic, and social performance, as well as protects them from self-destructive behaviors. It is, therefore, essential in creating a healthy young generation that is able to positively contribute to society.

Keywords: - Youth Mental Health, Mental Health Awareness, Depression and Anxiety, Stigma and Mental Health Literacy, Access to Mental Health Service

INTRODUCTION:

Background of the Topic:

The salience and significance of mental health have resulted in the identification of this domain as the most serious public health and socio-economic problem of the 21st century, particularly among young people worldwide. The World Health Organization (WHO), an international recognized body, has identified the mental health condition as "a state of well-being in which the individual realizes his or her abilities, can cope with the normal stresses of life, work productively, and be able to contribute to his or her community." The achievement and maintenance of this mental health condition among the young population is, however, a challenging task. The growth period between adolescence and adulthood involves critical physiological, emotional, social, and intellectual changes, which impacts the mental health condition of this population group significantly. Looking at it on a global scale, it is estimated that nearly one in five youths in the world is suffering from some kind of mental health disorder, with many of them suffering from undiagnosed and untreated conditions. Considering the case of developing nations such as India, the conditions are becoming even worse due to factors such as social stigma, lack of awareness, insufficient mental health care facilities, and misconceptions. However, with increasing literacy and technological progress, the importance of mental health is still considered less in comparison to physical health.

The increasing academic pressure, job market competitiveness, financial insecurity, nature and effects of social media, family expectations, and identity issues have all heightened mental problems within the youth population today. The COVID-19 pandemic equally contributed to the exacerbation of mental problems by adding the effects of prolonged social isolation, technology addiction, economic insecurity, and interrupted education and work life to the list. The mental health condition of the youth today is not only

a medical but also a social, economic, and development imperative. Awareness of mental health includes awareness, understanding, and ability to recognize mental health conditions, coping techniques, and preventative techniques along with pre-existing help networks. The necessity of creating awareness about mental health is dire in relation to reducing the stigma associated with such issues and allowing the young generation to get necessary help without fear of stigma. In the backdrop above discussed, need has been felt and it is imperative to analyze the problems being faced by youths while maintaining good mental health and the required solutions that address the same issues.

Industry Relevance:

Mental health awareness among youths is vital from the industry's view. The industry may include the health sector, the education system, business organizations, the tech industry, as well as others. From the industry's view, mental health issues affecting the youth are important since the youth are the workers of the future. Organizations have become more alert that the youth's mental health is related to their performance, creativity, as well as decision-making capacity.

In the business world, the impact of mental health issues in the lives of the younger workforce in organizations results in high levels of absenteeism, presenteeism, burnouts, and turnover. Industry reports indicate that the cost of lost productivity in the economy as a result of mental health issues is in the billions of dollars. The youth make up a substantial segment of the workforce; hence, in the strategic pursuit of growth, the mental health of the youth is of paramount interest. The healthcare and wellness industry is observed to have expanded rapidly in response to the growing needs for mental health care. Startups as well as established companies are contributing significantly by providing counseling services, therapies, wellness programs, and employee assistance programs. Educational centers have also endorsed the use of mental health support systems such as counseling centers and support groups as academic success is directly related to mental well-being.

Also, government agencies and non-governmental organizations have started to work in tandem with other private entities to develop awareness programs pertaining to mental health. This shows that the importance of mental health is recognized as a societal imperative that has industrial as well as economic consequences.

Research Context:

The research on mental health awareness among youths is located within a broader context of digital business, sustainability, and socio-economic development. Digital transformation has changed the nature of communication, learning, working, and socializing for the younger population. While there is the added advantage of accessibility, connectivity, and innovation in the digital platform, there is also the added stress of cyberbullying, social comparison, digital addiction, and information overload.

In the digital world of business and technology, mental health interventions have come to be facilitated via mobile apps, teletherapy platforms, artificial intelligence-based chatbots, and online communities of support as well. Added factors in the digital world of technology and business affecting the mental health of young professionals include fintech-induced stress, gig economy-induced uncertainty, and pressures inherent in the entrepreneurial world of the startup. Youth mental health, therefore, becomes crucial.

From the sustainability point of view, mental health is closely related to the United Nations sustainable development goals. They are SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 10 (Reduced Inequalities), and SDG 8 (Decent Work and Economic Growth). A healthy youth population with good mental health is vital for the development of a resilient society that is sustainable for a longer period. A lack of focus on the mental health of the youth would hinder the development of human capital. This is particularly the case in an e-commerce-driven and service-based economic system. Psychological pressures are not only on the mind-fields of clinical psychology but extend to the realms of business ethics, organizational behavior, digital governance, and sustainable development paradigms.

Purpose of the Study:

The current study will be instrumental in determining the degree of awareness about mental health among the youth, the various challenges that have an impact on the mental status of the youth, and discussing the solutions to these problems in an effective manner. The internal factors involve aspects such as self-perception and emotional regulation. The external factors include academic pressures, digital coverage, societal demands, and economic issues.

Additionally, another vital objective is to look into how awareness affects attitudes towards mental health, actions towards seeking help, and how it can be used to reduce stigmatization. More specifically, the study aims to clarify, based on policy issues, the school-level reform initiative approach, and organizational undertakings, where priority actions need to be directed with respect to the chasm between awareness and action.

The study will, therefore, contribute to the existing literature by exploring the connection between mental health and business, digital transformation, and sustainability discourses. While other studies may be based on the medical dimension of mental health, this research will be based on the multidimensionality of mental health, which requires the synergy between individuals, institutions, industries, and nations. In the long term, the study seeks to produce recommendations which may be used to build resilience among the youth and resources aimed at promoting their well-being, creating a culture where people are willing to share more with an empathetic ear. Some of the insights which are anticipated to come out of the study are considered to be of interest to educators, politicians, businessmen, psychologists, and researchers.

Structure of the Paper:

The research paper has been arranged systematically to facilitate a coordinated and exhaustive exploration of the concept of mental health awareness concerning youths, with the accompanying problems and possible solutions. The introductory part lays down the basis of the study through a discussion of the background of the subject matter of the research paper, its significance to the industry, the general research scenario, and the purpose of the study. After this introductory section of the paper, the second section elaborates on an exhaustive list of literature, which would include synthesizing the focus of the study from the perspectives of various other researchers.

The third section is used for presenting the problem statement, which indicates the exact nature of the mental health-related issues faced by the youth and the need for understanding the impact of these issues in the context of the contemporary social, educational, and industry landscape. The fourth section is the analysis and discussion part, which forms the primary content of the overall study. This section includes the presentation of the selected context or case, the data analysis in relation to the identified dimensions, interpretation, and critical discussion based on the theories and studies.

It is worth mentioning here that the paper is concluded with the conclusion section where the overall summary of the key findings is provided along with the implications obtained by the investigations. Then the relevance of the overall study is presented with respect to the context of sustainable development, and finally, the opportunities for the study are mentioned for the purpose of its extension in the future. At the end, the references list is given in accordance with the required APA 7th edition guidelines.

REVIEW OF LITERATURE

i) Previous Research articles:

Manjari A S, (2026) The study focuses on the rising mental health concerns among adolescents. He focuses on de stigmatisation and more awareness on mental health for adolescents by implementing a customised, culturally appropriate model on mental health awareness for kids aged 14-18years in Bangalore. The findings thus showed the reduction in peer comparison related stigma and acknowledged the problems that comes simultaneously with the given information and providing smart solutions.

Mitchell (2017) In their research on young adult mental health help-seeking behaviour, discusses of practitioners and researchers that acknowledge how the confusion over the two phrases, 'mental health' and 'mental illness,' can hinder a young adult's ability to articulate his/her/their concern without being labelled in a stigmatizing and frightening way. Equally important was the researcher's view that obtaining a general understanding of mental health (or mental health literacy) was a goal for all people, not just young adults.

Vaykos, Premchand Ganesh(2011) The study suggests that the mental health problems differ among the employed youth and unemployed youth. The employed youth stresses on the daily task, performance pressure, peer competition and thus leading to emotional burnout whereas an unemployed youth is stressed about not having a job or a source of income and financial stability in life thus more probability of suffering from anxiety and depression.

Ogorchukwu (2016) in a study on late teens in South India revealed that only 29.04% of the 916 college respondents were aware of Common Mental Disorders (CMD), with only 1.31% having knowledge of psychosis. The accurate recognition of depression and schizophrenia within this sample was notably low. The article assigned this to the age of the participants, which may result in limited exposure and first-hand experiences concerning mental health conditions. The study argued that despite the presence of India's National Mental Health Program, there is a significant absence of school-based or targeted interventions concerning mental health, which may also contribute to the low rates of mental health identification among youth. An observation was that younger individuals and those who were unemployed were thought to be more likely to have mental health problems. The sentiment that mental health conditions should remain hidden is evidenced by the outcomes, indicating the widespread and deep rooted stigma associated with mental health conditions in society.

Kirti, Gaur (2017) The study examines and analyses the reported mental health problems among the youth in India. The study used data from Youth in India: Situation and Needs. An estimated 11 to 31 million youth in India suffer from mental health problems and the majority being females, rural and economically backward people. The study also mentions the how marital status impacts men and women differently with poor marital life and other issues.

Goswami & Ete (2020) in the study by on mental health and help seeking behaviour on youth of Arunachal Pradesh, it was found that stigma related to mental health is very high and people are still not fully aware about how and why to seek proper professional help to deal with mental health related issues. They mentioned that practicing traditional healing practices are more among tribal community.

Kailas Chandra Das (2024) This study is about the mental health of higher educated migrant living in Kolkata. Many young youths from different districts moved in for better education and job but often faces unemployment, job insecurity and loneliness and pressure to get a better lifestyle which affected there mental weel being. This research highlights the excessive use of social media, employment challenges and migration realted stress among people leading to increase in the level of depression and stress. Unemployed individual are found more vulnerable to poor mental health and feeling hopeless.The main focus is the need for better employment and easily accessible mental health support services to improve overall well being of migrant youth.

Cristina Mei (2025) This study reviews about the growing health crisis among youths and young adults worldwide and explain how mental health problems have increased since the mid 1990s. Especially among youths. The rise is not only because of better awareness but due to real change in young people live. It discusses about several factors which contributes towards poor mental health such as academic pressure, family expectations, social inequality . Large global changes and event's like COVID 19 pandemic have made these challenges more worse. As a result many youths experienced stress, anxiety and mental health issues. The study concludes that mental health system are under resourced and unable to meet the growing need. The author strongly emphasize the need for early prevention and better acces to youth focused mental health services to adress this global crisis.

N. Murali (2022) The study examines how psychological factors influence the mental health of college students and focus on three factors - locus of control, emotional intelligence, and self efficiency along with gender locality. This research was conducted among undergraduate students studying arts and science courses . The findings show rhat students with internal locus of control, good emotional intelligence and strong self efficiency have better mental health . It influence the mental health of students studying science showing better outcomes than arts students. This study highlights the importance of building confidence, skills and self belief among college students to improve their mental well-being.

ii) Key Theories:

- a) **Health Belief Model-** The Health Belief Model focuses on how individual beliefs influence health-related behaviour. It suggests that people are more likely to make health-related decisions when they believe that a problem is serious and that it can personally affect them. At the same time, they must feel that asking for help will actually make a difference. However, even if people are aware of a health issue, certain factors can stop them from taking action. These factors include fear, social stigma, lack of information, or inaccessibility to help.

Applied to youth, this model explains why awareness does not always lead to treatment or support-seeking. Most young people tend to normalize stress, anxiety, or emotional distress and do not consider them serious enough to require professional help. In addition, fear of judgement by family, peers, or society often discourages them from openly discussing

mental health issues. Therefore, the Health Belief Model helps in understanding the gap between mental health awareness and actual help-seeking behaviour among youth.

- b) **Social Determinants of Health Theory-** According to the Social Determinants of Health theory, where an individual is born and raised has a significant impact on their health, as does the level of socio-economic resources available to them - in other words, how much money they have. As such, various social factors such as education, family income, community support and even where you live can greatly influence your physical or emotional well-being. Additionally, this theory suggests that individuals growing up with fewer resources may experience additional health issues because their environments do not offer them the same opportunities for receiving adequate treatment and support as others do.

With this perspective on the issue of youth mental health, the theory provides clarity on how access to information regarding mental health and resources for youth vary based on the support provided through their schools. A youth's mental health problem is likely to be tied directly to the social and educational inequality experienced within their respective communities.

- c) **Maslow's Hierarchy of Needs-** According to Maslow's Hierarchy of Needs, people have different levels of need and in order to reach the highest levels of human behaviour (which is self-actualization) these needs must be satisfied before an individual can feel happy and fulfilled. Individuals start at the lowest level of Maslow's pyramid-physiological, and once these basic needs are satisfied, they can move up through the other levels of need.

When looking at the mental health of young people, the concept of unmet basic and social needs as sources of stress or emotional difficulty is relevant. Young people may feel pressure to perform well in school academically, please parents and have a successful career. Unfortunately, many young people are trying to perform in school while they are dealing with issues of financial insecurity, unsafe living conditions and a lack of emotional support, which ultimately will lead them to develop emotional difficulties and/or mental health issues. For example, a young person who does not have a safe place to live, does not feel as if they belong to a family, school or community will likely have higher levels of anxiety, low self-esteem and emotional exhaustion compared to those young people who do feel as if they belong. Maslow's Hierarchy of Needs is a useful tool for understanding youth mental health because it helps to identify the connections between the unmet basic and social needs and the person's emotional well-being. This theory resonates with sustainable development goal 3, because it focuses on good health and well being.

iii) Models and empirical findings:

Anthony F. Jorm introduced The Mental Health Literacy Model in 1997 which shows the impact of knowledge and understanding about mental health on recognition of problems, attitudes towards mental illness and help-seeking behaviour. Higher mental health literacy leads to better identification of early signs and symptoms of a problem, along with positive possibilities towards treatment, resulting in more propensity to access treatment when needed. For young people, there is a need for greater mental health literacy because there are many pressures associated with academic, social and emotional challenges.

Significant gaps in mental health awareness and help-seeking behaviour exist for youth according to Empirical Studies. Demonstrated by Ogorchukwu (2016), only 29.04% of college students were aware of common forms of mental illness with low levels of recognition of psychosis which indicates low levels of mental health literacy and a high level of stigma regarding mental illness. Tribal young men and women show evidence of high levels of stigma and a preference for using traditional methods of healing according to the study conducted by Goswami & Ete (2020). Mitchell (2017) demonstrates how the confusion between "mental health" and "mental illness" leads to reluctance on the part of young adults to discuss their concerns due to the fear of being labelled.

Youth mental health has numerous contributing factors. In a study of youth (Vaykos & Premchand Ganesh, 2011), researchers reported that employed youth often find themselves under pressure to perform; unemployed youth often feel anxious and financially insecure as they search for work. The primary reason for depression amongst young migrant workers was identified as stress from the process of migrating, while the secondary reason was unemployment and stress from social media (Kailas Chandra Das, 2024). Research conducted by Kirti and Gaur (2017) has found that females and people in economically disadvantaged groups have a higher incidence of mental health issues.

Through culturally relevant mental health awareness programs, Manjari A.S. (2026) found that: (a) there is less stigma associated with mental health, and (b) more young people are aware of mental health problems. This shows a need to improve mental health literacy in youth.

iv) Comparison of Different Authors:

The reviewed studies shows that youths mental health is a growing concern but different authors explain the problem from different perspectives such as awareness, campaigns, employment, personal psychology and social conditions

Manjari A. S. (2026) explores the mental health awareness among adolescents and demonstrates that culturally relevant programmes can help to decrease stigma and peer comparison. This is in line with Mitchell's (2017) focus on mental health literacy. Mitchell says young people are reluctant to get help because of a blurring between "mental health" and "mental illness" as well as the stigma attached to seeking it. Both agree that awareness and understanding are important to changing the course of youth mental health.

Vaykos & Premchand Ganesh (2011) compare employed and unemployed youth, and find that both among those who are employed and unemployed young people face mental stress for different reasons. Youth with jobs experience work pressure and competition, jobless youth experience anxiety and depression related to financial insecurity. The same has been emphasized by Kailas Chandra Das (2024), who identifies unemployment, migrant stress, loneliness and social media pressure as the major reasons for deteriorating mental health of educated migrant youth.

Intervention studies by Ogorchukwu (2016) and Goswami & Ete (2020) greatly noted low awareness and high stigma. Ogorchukwu reported low level of perception of CMDs among college students in South India. Goswami and Ete find that tribal youth in Arunachal Pradesh do not seek professional support and prefer traditional healing methods to avoid stigma.

Kirti and Gaur (2017) provide a national-level perspective, stating that mental health issues are more prevalent in females, rural adolescents, and economically deprived groups. On the other hand, N. Murali (2022) looks at individual psychological factors and shows that students with higher emotional intelligence, self-confidence and internal control have better mental health conditions.

Cristina Mei (2025) adds another angle by raising the view of problems in adolescent mental health to a global level and connecting it with challenges such as academic pressure, inequality, lifestyle changes, and emergencies such as the COVID-19 pandemic. The study explains that the trend toward more mental health problems cannot simply be attributed to heightened awareness about such issues. It also underscores that mental health systems lack resources. In conclusion, the literature supports that early prevention of youth mental health, increased awareness and available support services are essential.

v) Research Gaps:

Although the reviewed literature provides all the details related to mental health awareness among the youth and the challenges involved and also simultaneously providing the solution for the same. Most studies focused on the stigma reduction and ignoring or providing limited research on a long-term effectiveness of mental health awareness programmes. There are various other reasons that lead to emotional distress which are not explored in detail. Some of the factors such as caste, class, gender are not explored in depth in the given research. Kirti and Gaur (2017) identify vulnerable groups, yet there is a lack of detailed research on them. There is also lack of research on the informal sector employment like on the mental distress and lack of mental health awareness in such sectors and not providing long term solutions as well.

Another significant gap is the influence of social media on the mental awareness among the youth. While kailas Chandra Das (2024) mentions social media and its impact but not in detail. As in today's time social media holds great power in spreading mental health awareness. Significant gaps exist in understanding how to move from awareness to action, particularly in low-resource settings (uneducated people, low-income group) and for specialized demographics. Research gaps that exist regarding which specific types of awareness campaigns successfully reduce, rather than reinforce, stigma.

There is a lack of evidence regarding effective, non-stigmatizing organizational interventions and awareness strategies in the workplace. Existing research often lacks cultural, contextual, and linguistic tailoring, making awareness programs less effective in diverse, rural, or low-income settings. There is a need to understand how cultural and social beliefs impact, and can be integrated into, mental health literacy and mental health awareness among the youth.

PROBLEM STATEMENT

Problem the organization/industry is facing

Organizations in the health, education and youth development sectors are facing increase in difficulty to respond to the rising mental health problems among young people. Issues such as stress, anxiety, depression and pressure are becoming more common due to academic stress, social expectations, and social media . However, many institutions are not properly prepare to handle these concern. Most schools and colleges lack in trained counselors, mental health professionals and regular awareness programs. Healthcare systems are also overburdened and focus more on physical illnesses than mental health . As a result youths mental health is often ignored or treated as a less important issue which lead to poor academic performance, low self-esteem, emotional stress, reduced productivity, and long-term social and psychological problems.

Why this problem needs to be studied

This problem needs to be studied because mental health strongly influence the personal, academic, and professional development of young people. Youth represent the future workforce and leadership of society and not solved mental health issue can negatively affect their confidence, decision-making ability , growth and overall quality of life. Early awareness and timely support can help to prevent serious results such as academic failure, social withdrawal, low esteem, confidence and long-term mental health problems .Studying this issue also supports global goals such as SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education), as mentally healthy students are more likely to succeed in academics and contribute positively to society and personal growth.

Gap in current knowledge or practice

Even though mental health awareness has increased in recent years there is a significant gap that still exist between awareness about the mental health and the actual support that is available to young people. Many existing studies focus mainly on clinical treatment or general awareness campaign while giving less attention to the role of educational institution and social inequalities. There is limited research that links mental health awareness with quality education and reduced inequalities especially for youths from rural areas, low-income families and marginalized communities. In reality mental health programs may be available but they are sometimes not easily accessible, affordable or youth friendly. This gap highlights the need for more practical, and integrated approach that connects mental health, education and social equity.

Analysis & Discussion:

Description of the case-

Mental health awareness among students has become a crucial issue in recent years.This particular case focuses on the challenges faced by the students and also the possible solutions to overcome these challenges in the near future. Awareness helps in opening the paths to receive care and also simultaneously identifying the signs and symptoms. In recent times, the youth has become more comfortable to talk on such a topic which was considered a taboo to even mention to anyone. There are various reasons that can lead to emotional distress in the youth such as: academic pressure, fear of failure, unemployment, peer pressure, comparison through social media and family expectations. People might dismiss emotional needs as mood swings or a form of weakness rather than acknowledging these concerns as something genuine. We need to understand that taking care of one's mental health is not a luxury, but it's a basic necessity.

Data Analysis-

Data analysis of global mental health surveys indicates a growing crisis among youth (ages 10–24), with 1 in 7 adolescents experiencing various mental concerns. This indicates a rising concern related to anxiety, depression and emotional distress among the youth of various age groups. Key findings show roughly 40% of adolescents aged 12–17 report persistent sadness or hopelessness among the youth. Mental health, particularly depression and anxiety, has risen since 2011, accelerated by the pandemic. Thus, the need for mental health awareness among the youth has become more vital in the present world scenario.

Key Reasons:

- 1) Impact of COVID-19: Studies indicate a 36% increase in depression and 31% increase in anxiety during the pandemic, with higher rates in girls and those with no prior history.
- 2) Prevalence: Roughly 10-15% of children/adolescents globally experience a mental disorder.
- 3) Top Conditions: Anxiety and depression are the primary contributors.

Study reveals that many people are still hesitant to approach mental health counselors or mentors for professional help due to stigma, preconceived notions, fear of being judged by others and as a result they suffer in silence.

Interpretation of findings-

Findings on mental health awareness indicate that while recognition of common disorders (depression, anxiety) is growing, substantial gaps remain, often with over 50% of populations showing inadequate knowledge. Key findings emphasize that increased awareness, education, and media exposure directly correlate with reduced stigma.

Interpreting these findings provide a gap that exists between awareness and action. Today's youth might be able to recognise mental health as crucial because of the increase in social media campaigns but they still lack correct knowledge and can be misguided easily without any professional help. Social media can't be trusted as a reliable source of information and sometimes it creates unrealistic standards and thus creates more pressure among the youth instead of providing emotional relief. A coin has two sides in the same way social media is not completely bad in this case, the good parts are that through social media people have become more aware about the challenges and solutions regarding mental health concerns, many of them use this platform to share their story which truly helps other people by becoming their source of inspiration and motivation. It helps in creating an environment or a set-up where people feel connected and not alone thus giving them and others hope to overcome the barriers that still exist in the society related to mental health awareness. When the mental health is stable, the youth will feel motivated, focused and happy both in personal and professional life. Implications:

- 1) Targeted Campaigns: Campaigns should focus on actionable information (where to seek help) rather than just identifying symptoms.
- 2) Reducing Stigma: Efforts must address cultural misconceptions to encourage open conversations.

Linking results with theory and literature-

Linking these findings with theory strengthens the discussion. The stress-diathesis model (or vulnerability-stress model) posits that mental health disorders develop from an interaction between a pre-existing vulnerability (diathesis) and environmental stressors. It argues that neither genetics nor stress alone usually causes pathology; rather, significant life stressors trigger a predisposition, transforming potential risk into actual illness. Maslow's hierarchy of needs is a five-tier model (physiological, safety, love/belonging, esteem, self-actualization) outlining the motivation behind human behavior, which is used in mental health to prioritize care by addressing foundational needs before higher-level psychological growth. Existing literature also highlights how vital it is to talk more about mental health awareness promoting open communication and discussions thus helps in reducing the mental health risks. Current literature emphasizes a move away from purely medical models toward including social determinants (social isolation, economic insecurity) in understanding mental health, which findings often reinforce.

Overall, the analysis and interpretation of findings implies that mental health awareness among youth must shift from superficial dialogue to deeper engagement. Key intersections in current research include the role of social connectedness in well-being, the impact of digital media on mental health, and the effectiveness of diverse therapeutic interventions. Recent literature highlights several critical connections between findings and established knowledge:

Social Connection and Well-being: There is strong evidence that social support and connectedness are foundational to positive mental health, with social isolation significantly increasing the risk of mental health disorders.

The Impact of Social Media: Studies show a generally positive association between high-intensity social media use and mental health issues, such as anxiety and depression, particularly in adolescents, though results are not always consistent.

Mental Health in Crisis (COVID-19): Research shows that pandemics (such as COVID-19) increase prevalence of anxiety, depression, and stress, which are moderated by access to information and social support.

Workplace and Academic Mental Health: High rates of burnout and depression are found among healthcare workers and university students, pointing to the need for better tailored interventions.

Stigma and Mental Health Literacy (MHL): Increased MHL (knowledge of disorders) and reduced stigma are consistently associated with higher rates of help-seeking behavior.

Conclusion:

Mental health is no longer an obscure or secondary concern for youth; it is now a major issue for families, schools, companies, and policymakers. This research demonstrates that young people face numerous sources of pressure today: academic competition, unemployment, social comparisons via social media, migration stress, and evolving societal expectations. There has been a rise in mental health awareness recently; however, there is still a huge disparity between being informed about mental health and accessing it. Stigma, misunderstanding the differences between mental health and mental illness, insufficient access to services, and social inequality continue to hinder many youths from receiving prompt assistance.

The results of this paper suggest mental health can be viewed as both a medical, social, and developmental problem. Young people's emotional health is influenced by their economic background, gender, job status, and exposure to technology. Furthermore, studies demonstrate that early intervention, school-based programs, and culturally-sensitive awareness campaigns reduce stigma and increase help-seeking behaviour. The most practical and long-lasting solution is to strengthen mental health literacy through schools.

Investing in youth mental health is crucial for sustainable development and economic growth. The generation of young people who are mentally well-supported will have higher confidence, higher productivity, and a greater capacity to positively contribute to society. Therefore, mental health awareness needs to become more than merely discussing the topic but be built into education systems, workplace policies, and public health planning.

There are many strategies that will help "close" the gap from awareness of mental health issues to actions being taken to address them. Ultimately, there is a need for us to prioritize youth mental health as part of our collective social responsibility in creating an equitable society where all individuals are resilient and feel included.

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