50% of young people are in vulnerable situations, but only about half of them seek help. Young people are more likely to seek help in mental health situations, but less likely to seek help for social issues.

**Risk Factors**

**High Performance Standards and Expectations**
- Young people are under intense pressure to succeed in education, employment, and personal development.
- This can lead to stress and anxiety, which can affect mental health.

**Negative Media Influence**
- Young people are exposed to a lot of negative media, which can contribute to mental health issues.
- This includes social media, which can lead to cyberbullying and other negative effects.

**Social and Economic Vulnerability Risk Factors**
- Young people are more likely to live in poverty and have limited access to resources.
- This can contribute to mental health issues, such as depression and anxiety.

**Barriers Towards Seeking Help**
- Young people may fear being judged by others.
- They may also feel ashamed or embarrassed to seek help.

**What Can Be Done to Avoid These Risks?**

**Develop Policies**
- Develop policies that address mental health issues and promote mental health awareness.

**Reinforce Mental Health in Schools**
- Incorporate mental health education into school curricula.

**Direct Support & Information**
- Provide information and resources to help young people understand mental health issues.

**Public Awareness**
- Increase public awareness of mental health issues and promote mental health initiatives.

**Promote Mental Health Networks**
- Connect young people with mental health networks and resources.

**Mental Health Awareness**
- Increase awareness and understanding of mental health issues.

**Individual and Placement Support**
- Provide individual and placement support to help young people overcome mental health challenges.

**The Good News is That There Is Possibility of Prevention or Recovery From Mental Illness. Young people can live a normal mental health life, while going forward despite these issues, if they can access a range of services and information.**