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**The link between adolescent mental health and sustainable social development**

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**Adolescent Mental Health Survey**

1. **Abstract**

This paper aims to explore the relationship between adolescent mental health and sustainable social development. This paper introduces the background and significance of adolescent mental health and sustainable social development, describes the current situation of adolescent mental health and sustainable social development, discusses the relationship between the two, and proposes strategies to promote adolescent mental health and sustainable social development.

keyword: Adolescent mental health, social sustainability, strategies.

1. **Introduce**

[Adolescent mental health is one of the most important disease burdens among adolescents. The latest mental health study conducted nationwide shows that nearly 25% of teens report feeling mild or severely depressed](https://www.unicef.cn/reports/adolescent-mental-health)[. Sustainable social development is one of the important goals of human society, which involves many aspects such as economy, society and environment](http://opinion.people.com.cn/n1/2023/1011/c223228-40092961.html). This article will explore the relationship between adolescent mental health and sustainable social development, and how to promote the positive interaction between adolescent mental health and social sustainable development.

1. **The current state of sustainable social development**
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Sustainable development at the social level refers to the achievement of sustainable development in social, cultural and political aspects. This requires the joint efforts of all members of society, including governments, businesses, non-governmental organizations and individuals. At the societal level, the goals of sustainable development include reducing poverty, promoting social justice, improving education, preserving cultural heritage, and promoting harmonious societies. To achieve these goals, governments and international organizations have taken a range of measures, including formulating policies, strengthening regulation, promoting education, and promoting citizen participation. In addition, enterprises and non-governmental organizations are also actively promoting sustainable social development, and have contributed to the sustainable development of society through socially responsible investment, environmental protection, public welfare and charity. [1]

In China, the government attaches great importance to sustainable social development and has taken a series of measures to promote social justice and sustainable development. For example, China has formulated a series of policies, including poverty alleviation policies, education policies, environmental protection policies, etc., to promote social justice and sustainable development. In addition, China has strengthened the role of citizen participation and social organizations, and encouraged enterprises and non-governmental organizations to participate in social welfare undertakings to promote sustainable social development.

* 1. **Social Sustainable Development Goals and Challenges**

[The impact of mental health on the sustainable development of society is a complex issue. Some studies have shown that mental health issues can lead to social instability, economic downturns, environmental damage, and other issues. For example, mental health problems can lead to problems such as decreased work efficiency, increased social welfare burden, environmental pollution, etc. In addition, mental health problems can also lead to family conflicts, social crimes and other problems, which in turn affect social harmony and stability. Therefore, promoting mental health is essential to achieve a sustainable society. Helping people improve their mental health can improve work efficiency, reduce the burden of social welfare, reduce environmental pollution and other issues, thereby promoting the sustainable development of society. At the same time, strengthening mental health education and raising public awareness and understanding of mental health is also one of the important means to promote mental health and sustainable social development [2][3].](http://health.people.com.cn/n1/2023/0311/c14739-32641842.html)

1. **The relationship between adolescent mental health and sustainable social development**
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Assessing the link between adolescent mental health and social sustainable development needs to consider a number of aspects, including the type, extent and impact of adolescent mental health problems, as well as the goals, challenges and measures of social sustainable development. Some possible assessment methods include:

1. [Quantitative research: Collect data related to adolescent mental health and social sustainable development through questionnaire surveys and experimental studies, and conduct statistical analysis and modeling to evaluate the relationship and impact between the two](http://health.people.com.cn/n1/2023/0311/c14739-32641842.html) [4].
2. [Qualitative research: Through in-depth interviews, case studies, and other methods, relevant information on adolescent mental health and sustainable social development is collected, and qualitative analysis and interpretation are carried out to evaluate the connection and impact between the two](http://health.people.com.cn/n1/2021/1126/c14739-32292323.html) [5].
3. Comprehensive assessment: Conduct comprehensive assessment and decision-making by comprehensively considering multiple aspects of adolescent mental health and sustainable social development, such as economic, social, environmental, etc., to promote positive interaction between the two.
   1. **The impact of adolescent mental health on the sustainable development of society**

The impact of adolescent mental health on the sustainable development of society is a complex issue. Young people are the hope of the country's future, and their comprehensive quality growth is of great significance to the sustainable development of society. The solution of adolescent mental health problems can not only help adolescents grow better, but also provide more talents with sound personality for the society. In addition, the solution of mental health problems can also improve work efficiency, reduce the burden of social welfare, reduce environmental pollution and other problems, so as to promote the sustainable development of society.

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Secondly, the solution of mental health problems can also improve work efficiency, reduce the burden of social welfare, reduce environmental pollution and other problems, so as to promote the sustainable development of society. Addressing mental health issues can improve productivity and make adolescents more focused on Xi and work, thereby increasing productivity and economic efficiency. In addition, the solution of mental health problems can also reduce the burden of social welfare, such as medical expenses, social assistance, etc., thereby reducing the burden on the government and society. Addressing mental health issues can also reduce environmental pollution, such as stress and anxiety, thereby contributing to environmental protection and sustainable development.

1. **Strategies for Adolescent Mental Health and Sustainable Social Development**
2. [Strengthen mental health education for adolescents, increase public awareness and understanding of mental health, and provide mental health support for adolescents](https://www.unicef.cn/reports/adolescent-mental-health).
3. [Establish a unified curriculum system, formulate scientific curriculum outlines, curriculum standards, curriculum teaching materials, and evaluation systems, and strengthen mental health education](https://www.unicef.cn/reports/adolescent-mental-health).
4. [Establish adolescent mental health archives or databases, regularly carry out mental health questionnaires and scales for adolescents, and promptly filter and find high-risk individuals and carry out intervention and counseling](https://www.unicef.cn/reports/adolescent-mental-health).
5. [Targeted mental health literacy courses are set up to systematically enrich the mental health literacy of adolescents](https://www.gov.cn/zhengce/zhengceku/2021-07/24/content_5627089.htm).
6. [Hire full-time and professional psychological counselors to provide individual or group counseling for students with emotional anxiety and depression, behavioral withdrawal or aggression, and lack of confidence and willpower due to social adjustment difficulties](https://www.unicef.cn/reports/adolescent-mental-health).
7. **Current support policy**

On April 27, 2023, the Ministry of Education and 17 other departments issued the Special Action Plan for Comprehensively Strengthening and Improving Student Mental Health in the New Era (2023-2025). The program aims to comprehensively strengthen and improve students' mental health in the new era, improve students' mental health literacy, and promote students' physical and mental health and all-round development. The main tasks of the program include: promoting mental health through the simultaneous development of five educations, strengthening mental health education, and standardizing mental health monitoring.

In addition, in recent years, the Chinese government has successively issued a series of policy documents, such as the Healthy China Action Plan for Children and Adolescents (2019-2022), the Notice on Strengthening the Management of Students' Mental Health, the Guidelines for Integrating Life Safety and Health Education into Primary and Secondary School Curricula and Textbooks, and the Implementation Plan for the Prevention and Treatment of Students' Outstanding Psychological Problems under the Situation of the Novel Coronavirus Infection, to promote the mental health and all-round quality development of children and adolescents.

1. **Conclusion**

Adolescent mental health is of great significance to the sustainable development of society. Strengthening adolescent mental health education, raising public awareness and understanding of mental health, and providing mental health support for adolescents are one of the important means to promote adolescent mental health and sustainable social development. At the same time, the establishment of a unified curriculum system, the establishment of adolescent mental health archives or databases, the establishment of targeted mental health literacy courses, and the appointment of full-time and professional psychological counselors are also important strategies for maintaining adolescent mental health.

1. **Reference**

[1].联合国儿童基金会。（2021）.青少年心理健康

[2]加强青少年心理健康社会化支持体系建设-健康·生活-人民网

[3]共同守护青少年心理健康（新论）-观点-人民网

[4] 王晓娜, 王瑞, & 李晓娟. (2019). 青少年心理健康与社会可持续发展的关系研究. [中国健康心理学杂志, 27(12), 1865-1868.](http://health.people.com.cn/n1/2021/1126/c14739-32292323.html)

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