SDG PROBLEM DEFINITION DOCUMENT

Project Title: *Addressing Mental Health Challenges within SDG 3: Good Health and Well-being*
Date: *August 17, 2024*
Prepared by: *Nadia IRADUKUNDA HIRWA*

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1. Introduction

The Sustainable Development Goals (SDGs), established by the United Nations in 2015, serve as a global framework to address the most pressing challenges facing humanity. Among these, SDG 3: Good Health and Well-being aims to ensure healthy lives and promote well-being for all at all ages. Mental health, a critical component of overall well-being, remains a significant challenge worldwide.

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2. SDG Selection

SDG Chosen: SDG 3: Good Health and Well-being
Focus Area: Mental Health

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3. Problem Definition

Specific Problem: Mental health issues, particularly among teenagers, have been rising globally, leading to increased suicide rates. Despite the growing recognition of mental health as a critical component of well-being, access to mental health services remains inadequate in many regions. This lack of services exacerbates the problem, particularly among vulnerable populations such as teenagers, who often face stigma and lack of support.

Target Population: Teenagers aged 13-19 years

Geographic Focus: Regions with varying levels of mental health service availability

Key Issues:

- Rising suicide rates among teenagers.
- Inadequate access to mental health services.
- Stigma surrounding mental health issues.
- Socioeconomic disparities affecting access to care.

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4. Significance of the Problem

Impact on Individuals: Teenagers experiencing mental health issues are at higher risk of self-harm and suicide, particularly when they lack access to appropriate care and support. The emotional and psychological toll on affected individuals can lead to long-term consequences, including decreased quality of life, educational attainment, and future economic productivity.

Impact on Society: High suicide rates among teenagers not only cause immense personal loss but also strain families, communities, and healthcare systems. The societal burden of untreated mental health issues includes increased healthcare costs, reduced workforce productivity, and the perpetuation of stigma and discrimination.

Alignment with SDG 3: Addressing mental health challenges directly contributes to the achievement of SDG 3 by improving health outcomes, reducing mortality rates, and promoting well-being. Ensuring access to mental health services and support for teenagers is essential to achieving this goal.

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5. Objectives

Primary Objective: To reduce suicide rates among teenagers by improving access to mental health services and raising awareness about mental health issues.

Secondary Objectives:
- To analyze the correlation between mental health service availability and suicide rates.
- To identify regions and demographic groups with the highest need for mental health interventions.
- To develop data-driven strategies for improving mental health support for teenagers.

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6. Research Questions

1. What is the correlation between the availability of mental health services and suicide rates among teenagers?
2. How do socioeconomic factors influence access to mental health services and subsequent mental health outcomes?
3. Which regions have the highest suicide rates among teenagers, and how does this relate to the availability of mental health services?
4. What are the most effective types of mental health services in reducing suicide rates among teenagers?

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7. Data Requirements

Data Sources:
- National health organizations' databases on suicide rates and mental health services.
- Surveys and academic studies on teenage mental health.
- Socioeconomic data from government or research institutions.

Key Data Points:
- Suicide rates by age, gender, and region.
- Availability and types of mental health services by region.
- Socioeconomic status indicators (e.g., income level, education).

8. Expected Outcomes

Short-term Outcomes:
- Identification of high-risk regions and populations.
- Data-driven recommendations for improving mental health service access.

Long-term Outcomes:
- Reduction in suicide rates among teenagers.
- Improved overall mental health and well-being for the target population.

9. Conclusion

This project aims to address the critical issue of teenage mental health by leveraging data to identify gaps in service provision and develop actionable strategies to improve outcomes. By focusing on suicide prevention and access to mental health services, the project contributes directly to the achievement of SDG 3: Good Health and Well-being.