**First Page**

Mental health refers to cognitive, behavioral, and emotional well-being

As per 2017 estimates, about 197.3 million people suffered from mental disorders in India, of which 45.7 million had depressive disorders and 44.9 million had anxiety disorders.

Symptoms:

Substance use

Poor concentration

Mood swings

Appetite changes

Suspiciousness

Signs:

Tension

Irritability

Intrusive worrying thoughts

Depressed mood

Loss of energy/motivation

**Second Page**

Mental health problems in children are associated with educational failure, family disruption, disability, offending and antisocial behaviour, placing demands on social services, schools and the youth justice system. Untreated mental health problems create distress not only in the children and adolescents, but also for their families and carers, continuing into adult life and affecting the next generation.

Preventive aspect of mental health deals with identification, monitoring, and controlling risk factors.

Preventing mental health problems early in life can avert prospective costs associated with crime, lack of education, unemployment and unhealthy and risky behaviours.

**Third Page**

The importance of psychological well-being in children and adolescent, for their healthy emotional, social, physical, cognitive and educational development, is well-recognized. There is now increasing evidence on the effectiveness of interventions to improve children's and adolescent's resilience, promote mental health and treat mental health problems and disorders.

Early signs

People should look out for the following as possible signs of a mental health disorder:

withdrawing from friends, family, and colleagues avoiding activities that they would normally enjoy sleeping too much or too little

eating too much or too little

feeling hopeless

having consistently low energy

using mood-altering substances, including alcohol and nicotine, more frequently

displaying negative emotions being confused

being unable to complete daily tasks, such as getting to work or cooking a meal

having persistent thoughts or memories that reappear regularly thinking of causing physical harm to themselves or others hearing voices

experiencing delusions

**Fourth Page**

Mental Health and Sustainable Development goals

Within the health related SDGs, two targets are directly related to mental health and substance abuse.

Target 3.4 “By 2030, reduce by one third premature mortality from Non communicable diseases through prevention and treatment and promote mental health and well-being.”

Target 3.5 requests that countries: “Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use alcohol.