



**Mental Health Specialists' Archipelago**

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# World Health Organization data



Globally, one in seven of 10-19 year olds experience a mental disorder, accounting for 13% of the global burden of disease in this age group, yet they remain largely unrecognized and untreated.

Depression, anxiety and behavioral disorders are among the leading causes of illness and disability among adolescents.

Suicide is the fourth leading cause of death among 15-29 year olds.

The consequences of not addressing adolescent mental health issues extend into adulthood, damaging both physical and mental health and limiting opportunities to lead fulfilling lives as adults

Every sixth person is aged 10-19.

Physical, emotional and social changes, incl. exposure to poverty, abuse or violence can make adolescents vulnerable.

Protecting adolescents from disaster, promoting social-emotional learning and psychological well-being, and ensuring access to mental

health care are critical to their health and well-being.

Adolescents with mental illness are particularly vulnerable to social exclusion, discrimination, stigma, educational difficulties, risky behaviour, poor physical health and human rights violations.

Adolescence is a crucial period for developing social and emotional habits, including adopting healthy sleep patterns; regular exercise; coping skills, problem solving and interpersonal skills, managing emotions.

A protective and supportive environment is important. The more risk factors there are, the greater the potential impact on mental health—exposure to adversity, peer pressure, and identity exploration.

Media influence and gender norms can exacerbate the discrepancy between adolescents' reality and their perceptions or aspirations for the future.

Violence (especially sexual and bullying), abusive parenting and severe socioeconomic problems are recognized risks to mental health.

Greater risk due to living conditions, stigma, discrimination or exclusion or lack of access to quality

support and services - adolescents living in humanitarian and fragile conditions; with a chronic illness, autism spectrum disorder, intellectual disability, or other neurological condition;

pregnant teenagers, teenage parents or those in early or forced marriages; orphans; adolescents from minority ethnic or sexual origins or other discriminated groups.

# Data from Report Card 2024

According to the latest data, there are 22 child psychiatrists for the entire health system, with most of them working in Sofia, Plovdiv, Varna, Burgas, Stara Zagora and Pleven. Only 14 of them have a contract with the NHIF

There are only 3 provided profiled services in the field of children and adolescents psychiatry

In 2023 in Bulgaria there are 185 suicide attempts, 8 of them with lethal end.

# Archipelagos

- ▶ **Anxiety**
- ▶ **Substance abuse**
- ▶ **Nutrition disorders**
- ▶ **Stress**
- ▶ **Harrassment (incl. online)**
- ▶ **Isolation**