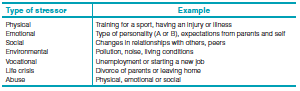
**Coping Mechanisms**

Young people need to develop personal coping mechanisms and alter their perspective of the stressors that affect them. AIHW reportindicated that **one in five male and one in 10 females aged 18 to 24 years were found to have a substance (alcohol/drug) use disorder**. Combined with the high frequency of mental illness and youth suicide, this indicates that **not** all young people are coping with life.

Key Facts

* In 2007, 25% of young people had a mental disorder (ABS)
* Young women were more likely than young men to have a mental disorder
* Young people with a mental disorder were 5 times more likely to misuse drugs compared to those without a disorder

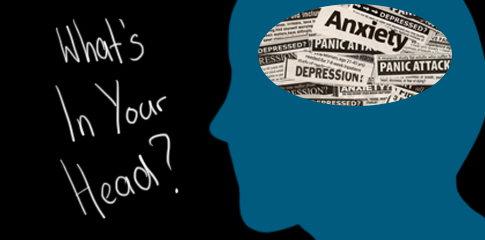


**Types of common stressors**

**Stress**: is a physiological or psychological influence that produces a state of tension in a person.

## Today, young people appear to be experiencing increasing levels of **stress** due to factors beyond their control

# General nature



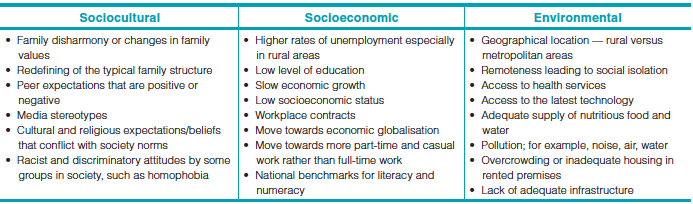
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Mental health problems and diseases

The Health of Young People



Nunc cursus magna quis



**Vestibulum vehicula purus sed urna.**

Determinants 

**Risk Factors**

***Modifiable***

• Unemployment

• Low level of education

• Geographic location — rural/metro

• Difficulty with issues of sexuality

• Low self-esteem

• Social alienation

• Access to firearms — rural males

• Incarceration

• Family breakdown

• Substance abuse

• Sexually abused as a child

• Low socioeconomic status

***Non-modifiable***

• Migrant background

• Aboriginal and Torres Strait Islander (ABTSI)

background

• Gender

• Family history of mental illness

**Protective factors**

• Strong personal support networks that function in good times and bad

• Personal skills based around assertiveness, resilience, coping, decision making,

problem solving and conflict resolution

• Laws regarding age limits; for example, work, minimum years of schooling, marriage, sexual consent, driving, alcohol consumption and anti-discrimination laws

• Access to health services and the development of health literacy skills by schools, such as Kids Help Line, school counsellors, health pamphlets and government health internet sites

• Education of the community and professionals who deal with young people

• Societal and cultural norms that aim to protect young people from self-harm; for example, censorship and classification restrictions

• Participation of young people in community decision making to enhance feelings of connectedness; for example, student representative council

•

**Young people most at risk of mental health problems and illnesses are:**

• the unemployed or economically disadvantaged

• students who leave school prematurely

• individuals with Aboriginal or Torres Strait Islander backgrounds

• rural males

• females

• gay youth

• individuals who experience incarceration or the juvenile justice system

### Risk Factors & Protective Factors

**cont.**

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