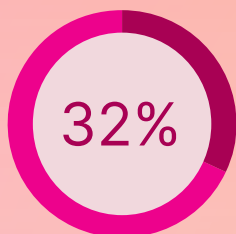


# Adolescent Mental Health & Adversity

## Profiles & Trends in the West of Ireland 2018-2022



32%

of teenagers in the west of Ireland have **self harmed**



### Decline in Mental Health and Wellbeing

Among teens between 2018-2022.



### Rise in Depressive Tendencies

Among teens between 2018-2022.



### Mental Health Risk

Varies according to youth's gender, family structure and nationality.



### High Levels of Adversity

Approximately 53% of teenagers experienced some form of adversity.



Teens who experienced adversity with parents were 3 times more likely to self-harm.



Teens who experienced adversity with peers were 6 times more likely to self-harm.



Teens who experienced adversity across multiple contexts were 30 times more likely to self-harm.



SLEEP



SCHOOL SAFETY



PARENTAL SUPPORT



PHYSICAL ACTIVITY



FRIEND SUPPORT

These factors were associated with better mental health outcomes.

Findings are based on responses from 15,129 teenagers (i.e., 4th year secondary school students) in the west of Ireland (Galway, Mayo & Roscommon) who completed Planet Youth surveys in 2018, 2020 or 2022.

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Scan the QR code to learn more about this study.



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