

Annotated Bibliography

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Jurewicz, I. (2015). Mental health in young adults and adolescents—supporting general physicians to provide holistic care. *Clinical Medicine, 15(2)*, 151.

The article by Jurewicz (2015) discusses the issue of mental health in the younger population. Mental health issues are most prevalent among young adults as they are likely to experience depression, suicidal behaviours, eating disorders, and drug misuse. Early interventions have proven to be the most effective strategies for handling mental health among this population. Young adults are comfortable being around the hospital settings with their parents or carers and rely on them to pick up their prescriptions or schedule medical appointments. Psychiatric services should be tailored to be more responsive and person-centered toward the needs of younger adults. For instance, they can have early intervention teams of young adults to help with the early detection and development of comprehensive treatment. This helps prevent further mental health deterioration among young people and is cost-effective.

National Institute of Mental Health (NIMH). (2021). *Children and mental health: Is this just a stage?*

The article discusses cases of mental health illnesses among children and why they are likely to develop them. Most mental health issues begin in childhood as they can depict disorders such as depression, ADHD, autism, post-traumatic stress disorder, and eating disorders, among others. If not adequately treated, the issues will likely escalate in adulthood and affect their health and well-being. Parents or carers should seek medical

interventions if they determine that their children exhibit unsafe behaviour or are likely to harm themselves. They can determine this by observing the children or talking to those in frequent contact with them. There are various treatment options for mental health among children ranging from psychotherapy, family counselling, medications, and support for parents. All this depends on the assessment made by the health practitioner.

References

Jurewicz, I. (2015). Mental health in young adults and adolescents—supporting general physicians to provide holistic care. *Clinical Medicine*, 15(2), 151.

National Institute of Mental Health (NIMH). (2021). *Children and mental health: Is this just a stage?* <https://www.nimh.nih.gov/health/publications/children-and-mental-health>