

## Confronting the Mental Health Crisis: Addressing Depression And Anxiety Among Adolescents Through Prevention And Social Renaissance

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### **Abstract:**

This paper provides a comprehensive perspective on the mental health crisis, with a particular focus on depression and anxiety among adolescents. These disorders are non-communicable diseases and have emerged as chronic epidemics with societal implications. The paper highlights the multifaceted root causes of these disorders, including genetic, epigenetic, environmental, lifestyle, evolutionary, and social factors. It also presents critiques on the current pharmacological and psychological treatments, arguing that focusing solely on a treatment perspective disregards the wider societal factors beyond medicine. Through this perspective, we advocate for a holistic, prevention-oriented approach, emphasizing lifestyle modifications, social environmental enhancements, psychotherapy access, and psychoeducation intervention, for addressing these disorders. A multitiered strategy engaging educational institutions, clinical practitioners, and policymakers is proposed to foster an environment where adolescents can thrive.

### **Keywords:**

Depression, Anxiety, Adolescent, Social determinants, Lifestyle modification, Social renaissance, Psychoeducation.