

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

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### **Abstract:**

This manuscript presents a comprehensive perspective on the adolescent mental health crisis, focusing on the roles of societal values and environmental influences in exacerbating depression and anxiety. It critiques current treatments, advocating for a shift towards preventive strategies that emphasize community engagement and support. By introducing the concept of a social renaissance, the paper calls for a re-examination of societal norms that contribute to mental health challenges. Through collaborative efforts among community stakeholders, including schools and healthcare providers, the study proposes an integrated approach to foster resilience and well-being among adolescents. This work aims to illuminate the need for collective action in addressing mental health issues within the community context.