

Why should I even care about my mental health?

Some of you may have picked up this book because your parents bought it for you, or your school made you read it, and now you're wondering, "Why do I need to know about mental health problems? I'm perfectly healthy and happy, and I don't need this."

Maybe that's true. Maybe you won't ever suffer anxiety or depression.

But ... one in five young people will have experienced depression by the time they reach 18 years of age⁶. And over 75% of mental health problems occur before the age of 25⁷.

Mental health issues such as anxiety and depression are among the biggest hurdles to be faced by young people going