

Let's talk closely

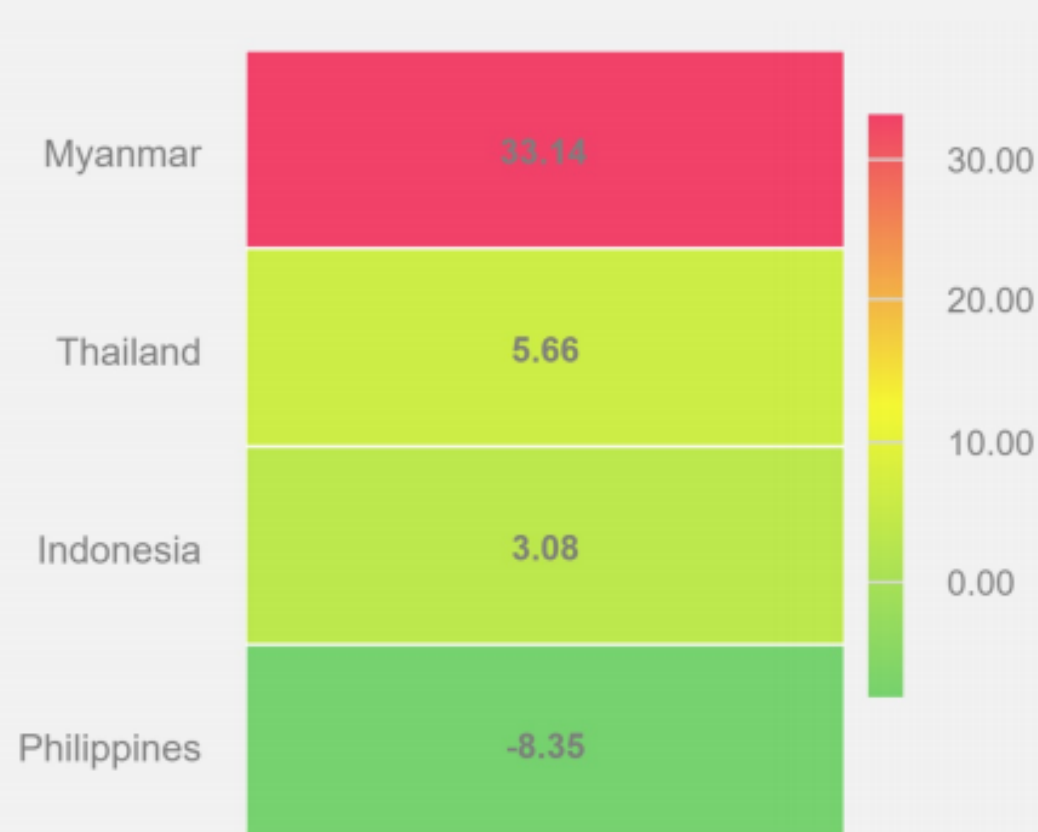
Objective

- Raise awareness of high school student Mental health problems
- Point out high school student mental health problems

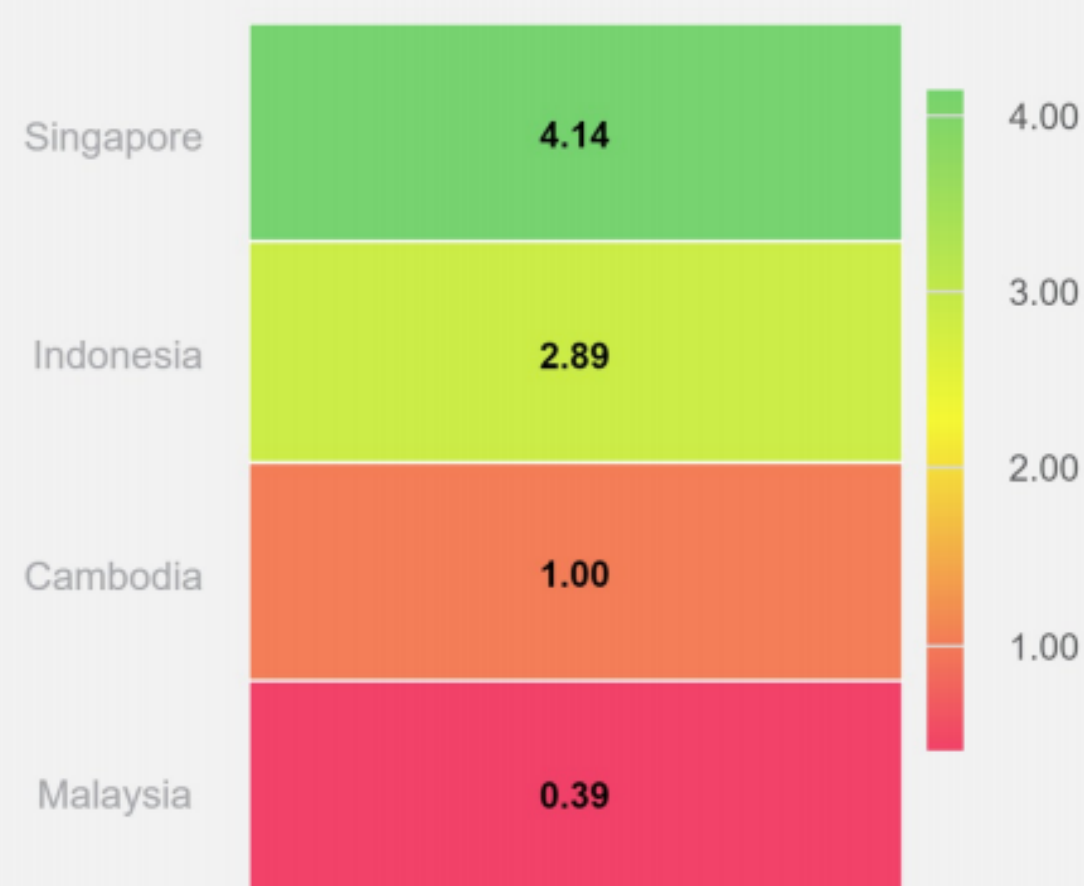
SDGs



Increase (Decrease) rate in students who seriously considered attempting suicide per year per country



Proportion of government health expenditure towards mental health (percent) per country



Percentage of students who seriously considered attempting suicide during the 12 months before the survey (age 13-15)
Source: Global School-Based Student Health Survey (GSHS), WHO

Source: ASEAN Mental Health Systems, Jakarta, ASEAN Secretariat, December 2016

Students who considered attempting suicide by year per country



Percentage of students who seriously considered attempting suicide during the 12 months before the survey (age 13-15)
Source: Global School-Based Student Health Survey (GSHS), WHO

Findings/ Assumptions

Youth is the one that will define our success for our society in the future. Nowadays, 17% of the ASEAN population consists of youth, who will be the main work-force in the future. Some of them have serious suicidal thoughts with the overall number of students who had suicidal thoughts in 9 ASEAN countries except Singapore is 9.1% (age 13-17); Myanmar increases with the highest rate by 33% per year (age 13-15), while the Philippines is the only country with negative increasing rate. If we do nothing with the increasing rate, the number is going to get higher. So, action is needed.



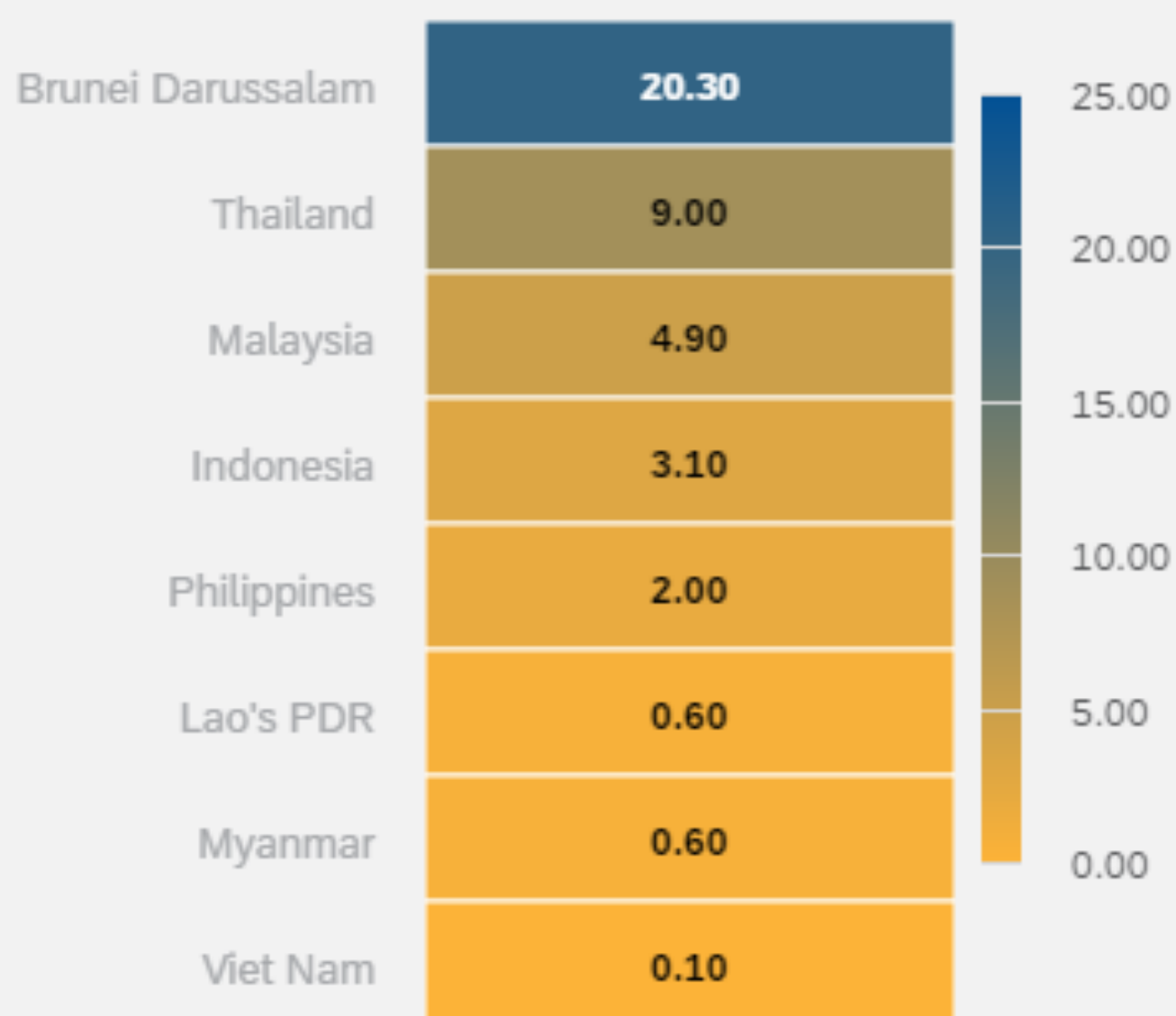
UTCC University of the Thai Chamber of Commerce

มหาวิทยาลัยหอการค้าไทย

TEAM UTCC ASEAN RANGER

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Total mental health workers (per 100,000) ²



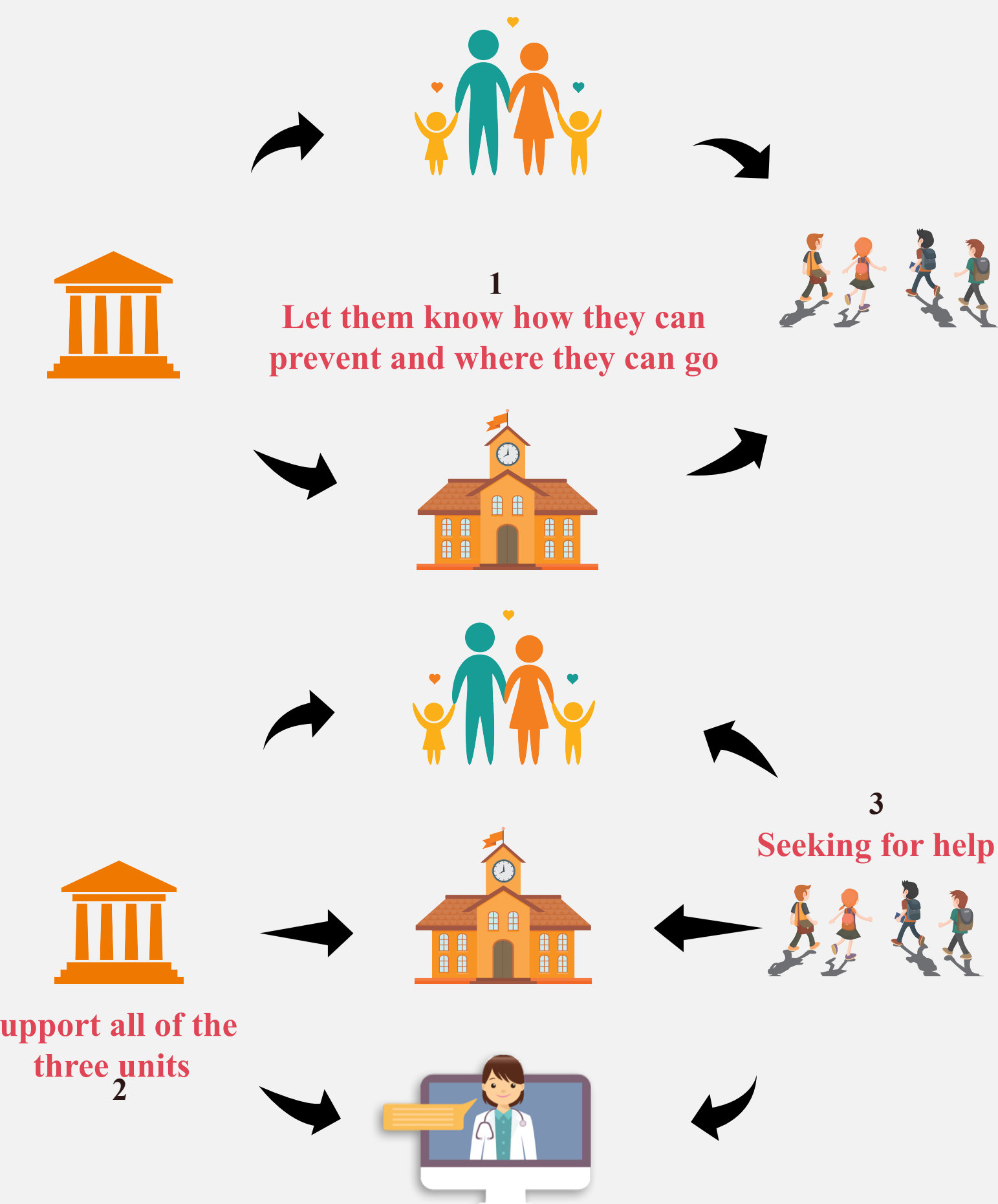
² There is no data of psychologists in Cambodia
Source: Human resources Data by country (Mental health), WHO

Findings/ Assumptions

We found that males usually considered attempting suicide more than females except Thailand. Also, students aged 16-17 tend to have higher number to have seriously considered attempting suicide than those aged 13-15. There is a strong positive relationship between the number of students who had suicidal thoughts and students who have ever attempted suicide; also there is moderate positive relationship between the number of students who had a suicide attempt and students who had no close friends.

Mental health workers in some countries are less than 1 person per 100,000 people and the budget that comes directly toward mental health sector is still low.

PROPOSED RECOMMENDATIONS



Recommendations

The government of each country should make actual policy to tackle mental health and provide more budget for the mental health department.

The government to support households, schools, and hospitals by including mental health courses into the school curriculum; this course should include on how to deal with students' emotions.

Implement critical thinking for students, through, for example, situation-based learning.

Create more surveys with much more quality and quantity so that we can identify what is actually a real problem right, so that we can move in the right direction.



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