291. ACCESS TO MENTAL HEALTH SERVICES AS A KEY ELEMENT IN PREVENTING SUICIDAL BEHAVIOUR FOR ADOLESCENTS WITH DEPRESSION

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Introduction. According to the medical definition of the World Health Organization, adolescence was defined as the age range of 10-19 years and represents a crucial stage of development characterized by significant physical, emotional, and social changes. Depression is a prevalent psychiatric disorder and a serious health problem globally, being the most significant biological and social risk factor of suicide among adolescents. Based on The State of the World's Children 2021 report by UNICEF, 166 million teenagers between the ages of 10 and 19 have been diagnosed with a mental health issue, which makes up 13% of all teenagers worldwide. Suicide is the third leading cause of death among adolescents. Implementing mental health services among adolescents with depression can significantly reduce the risk of suicidal behavior, acting promptly and continuously.

Aim of study. The main goal of the study is to highlight the importance of access to mental health services in preventing suicidal behavior for adolescents with depression.

Methods and materials. This literature review analyzed peer-reviewed articles published in the last five years, identified through systematic searches of the following electronic databases: PubMed/NCBI, Google scholar, CyberLeninka, e-Library, and Mendeley. Supporting clinical evidence was also drawn from Medscape and the Canadian Medical Association Journal.

Results. The results are structured into two main categories. (1) Barriers: stigmatisation, self-management of symptoms, low level of information, lack of family support, shortage of specialists, costs, unequal distribution of services. (2) Prevention: increasing the level of information, the presence of specialists and screening programs in the school environment, stigmatization reduction campaigns, family support and open communication, public policies, equitable access and telemedicine.

Conclusions. The results of the research based on the literature reveal the need for mental health services among adolescents with depression, as a factor for preventing suicidal behavior. By addressing barriers and prevention factors, the complexity of the problem is highlighted, the need for a multidisciplinary approach through concrete actions such as programs, reform and public policies at global level, involving the family and school in the process of prevention and early detection. Today's teenagers are the adults of tomorrow, who will represent the foundation of society in the future.

Keywords. Adolescents, depression, barriers, suicide prevention, mental health services access.

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