

The case for action

Rates of mental illness are rising faster in children and young people than in adults. Depression is the leading cause of years lost to disability worldwide. A new approach is urgently needed to prevent, detect early and reduce depression in young people.

1 in 5

children and young people in 2023 had a probable mental health disorder.

75%

of people with a mental health problem develop it before age 24.

50%

develop it before the age of 14.

Current treatments for depression are effective in

60%

of cases.

50-75%

of adolescents with depression experience a relapse, even after successful treatment.

3x

greater risk of depression in adulthood following depression in adolescence.

300 million

people globally suffer from depression.

12 billion

working days are lost each year to mental ill health.



The William Templeton Foundation for Young People's Mental Health (YPMH) is a charitable foundation working to improve the lives of young people by facilitating innovative approaches to resolve mental health conditions.

YPMH was established in memory of Will Templeton, by his parents Anne and Peter and his brother John. The family's aspiration is to:

- Reduce the number of young people who experience mental health problems, particularly depression and anxiety,
- Help young people enter adulthood with greater resilience to mental health conditions, and thereby
- Reduce the number of young people who take their own lives.

The William Templeton Foundation for Young People's Mental Health

YPMH is dedicated to preventing, detecting, and reducing depression and other mental health conditions in young people.



We Want to Change The Direction of Young People's Mental Health!

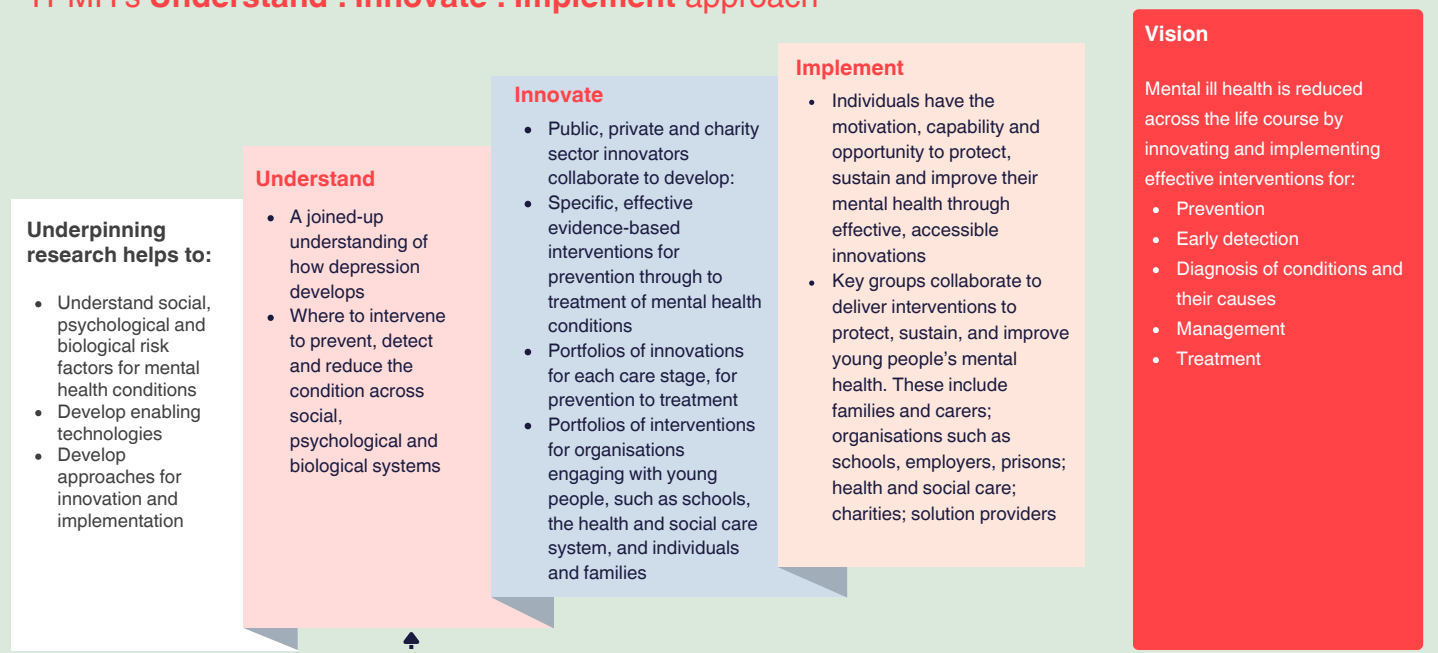
YPMH is working with collaborators to enable:

- Better understanding of how mental health conditions, such as depression, develop - and where and how to intervene in its development.
- Innovations for the prevention, early detection, diagnosis of conditions and their causes, and personalised management and treatment of the factors that lead to an individual's condition.
- Effective implementation of innovations for individuals, families and carers; organisations engaging with young people, such as schools, and the health and social care system.

Publications describing our work may be found at

www.ypmh.org/ypmh-publications/

YPMH's Understand : Innovate : Implement approach



YPMH's work to date:

