#### 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.

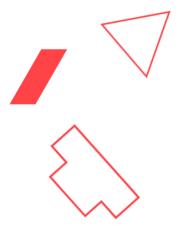




The William Templeton
Foundation for Young
People's Mental Health
(YPMH) is a charitable
foundation working to
improve the lives of young
people by facilitating
innovative approaches to
resolve mental health
conditions.

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

#### **Understand**

#### Underpinning research helps to:

- · Understand social, psychological and biological risk factors for mental health conditions
- Develop enabling technologies Develop
- approaches for innovation and implementation

- A joined-up understanding of how depression develops
- · Where to intervene to prevent, detect and reduce the condition across social. psychological and biological systems

#### Innovate

- · Public, private and charity sector innovators collaborate to develop:
- · Specific, effective evidence-based interventions for prevention through to treatment of mental health conditions
- Portfolios of innovations for each care stage, for prevention to treatment
- · Portfolios of interventions for organisations engaging with young people, such as schools, the health and social care system, and individuals and families

#### Implement

- · Individuals have the motivation, capability and opportunity to protect, sustain and improve their mental health through effective, accessible innovations
- Key groups collaborate to deliver interventions to protect, sustain, and improve young people's mental health. These include families and carers; organisations such as schools, employers, prisons; health and social care; charities; solution providers

#### Vision

Mental ill health is reduced across the life course by innovating and implementing effective interventions for:

- Prevention
- Early detection
- · Diagnosis of conditions and their causes
- Management
- Treatment

#### YPMH's work to date:

A further 12 online workshops, plus consultations with people and organisations from across the mental health ecosystem helped:

- · Understand and validate unmet needs.
- Evaluate, prioritise and select innovation and education projects.
- · Identify how groups that influence an individual's mental health can protect young people from developing depression and help those who have developed the condition.

Changing Minds, Changing Lives was published. It describes YPMH's vulnerability factors and mechanisms model for depression, 50 innovation projects to meet key needs, and how people and organisations can help protect, sustain and improve the mental health of young people

for whom they are responsible.

YPMH developed its Understand: Innovate Implement approach.

2024

Depression - It's really not all in the mind was published. The booklet summarises YPMH's work since 2019 for the lay reader. It highlights areas that individuals and organisations can explore to help prevent and reduce depression

YPMH began its collaboration with researchers around the world to understand the relationships between social, psychological and biological factors that can lead to depression.

We also began our collaboration with the University of Cambridge Institute for Manufacturing (IfM).

YPMH used root cause analysis to identify the links between the biological mechanisms that can lead to depression; psychological factors; individuals' options and choices regarding food, exercise and sleep; a person's underlying conditions; early-life factors; and social and societal factors.

12 online workshops brought together a community of ~150 specialists, young people and parents to develop evidence-based ideas for innovations.

YPMH published Changing Hearts, Changing Minds, which describes:

- How social, psychological and biological factors can lead to depression in young people.
- Some 200 opportunities for intervention, including prevention, prediction, detection, diagnosis and treatment.

Research co-funded by YPMH published in Brain Science, December 2021, 'Biological, psychological, and social determinants of depression: a review of recent literature.'