

1946

2021



# Adolescent mental health in Mongolia

Bolorchimeg Dagva  
Adolescent and HIV specialist, UNICEF Mongolia



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Population 3.3 million

Territory 1.6 million sq.km

Population density 1.7 people per sq. km

# Concern

Highest rate of adolescent suicide in region.

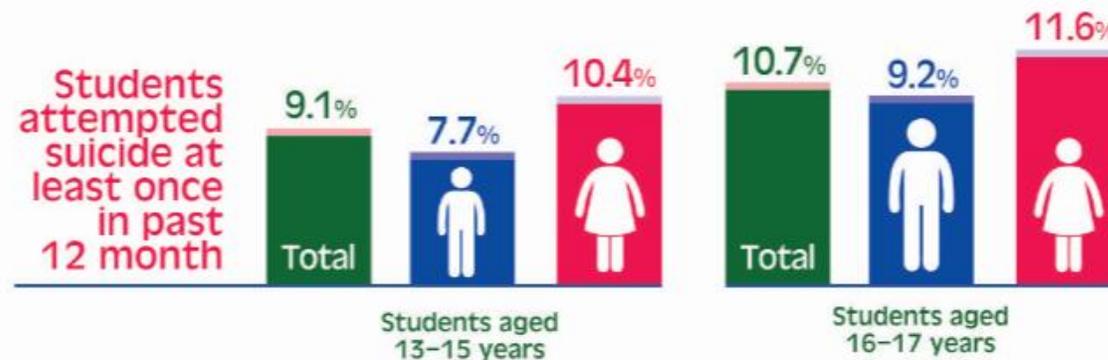
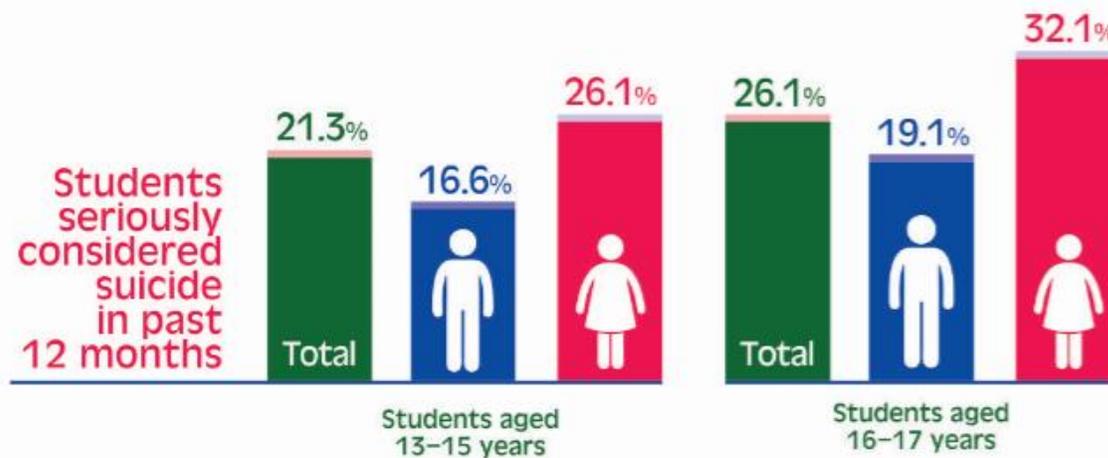


# Concern

**Suicide** as cause of death among **10-14 years old**

2003 - **3%**

2019 - **11%**



Empowered and skilled  
ADOLESCENTS

Enabling policy in  
health and education  
sectors

Adequate M&E  
system

School-based  
interventions for  
building  
transferrable  
skills

Adolescent friendly  
health services  
in schools and  
primary health  
facilities

Spaces for social  
activities  
(summer camps,  
clubs, social  
media,  
volunteering)

Peer support,  
peer education

Family support  
and good  
parenting skills

# Policy advocacy

- Law on Mental Health
- Law on Child Rights
- National Program on Non-Communicable Diseases, 2017
- National Program on Child Development and Protection, 2017
- Policy document on school extracurricular activities
- Policy document on promoting mental health in schools (ongoing)



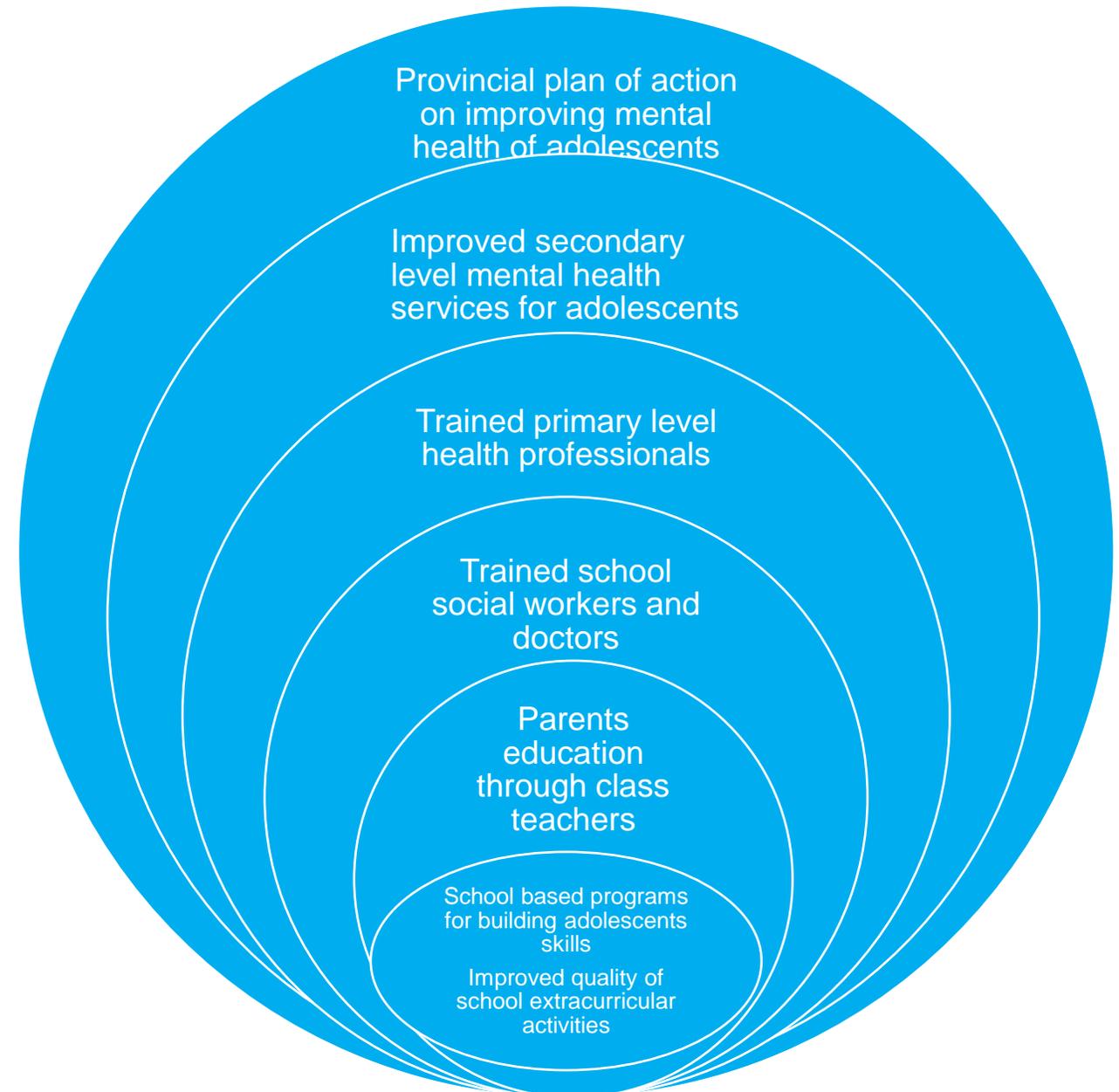
# System strengthening

- Health education in schools - core component on mental health
- Training for health and education service providers
- Training for class teachers
- Adolescent doctors as new profession
- Introduction of school psychologists



# Data, research, evaluation and KM

- Testing of multi-sectoral, multi-layer approach in addressing adolescent mental health in one selected province
- Study on prevalence of adolescent mental health problems (SDQ), 2018 and 2022.



# Adolescent engagement

'My Family' (for 10-14) and 'My World' (for 15-18) programs for adolescents' empowerment and skills building

Reached 57,000 boys and girls in 7 geographical locations



# Adolescent engagement

Extracurricular activities – debate and young journalist clubs, health clubs, eco-clubs, self-defense clubs



# Adolescent engagement

‘Bankhar art therapy’ project on Peer education and involvement of teachers and parents in prevention of bullying in school



# Innovation

- Youth Innovation Challenge (2017) resulted in 19 types of IT based solutions
- Clear need to support solutions on adolescent mental health up to the final product (Lifehack game, online counselling)



# COVID-19 response

- Training on social and psychological issues faced by students and ways to overcome
- “You are not alone” campaign reached over 1 million people
- World Mental Health Action Day campaign engaged 130 youth volunteers (117 female +13 male) and reached 3488 people with mental health promotion messages and activities



Mental Health  
Action Day

Бидний сонголт шалтгаантай  
Бидний ҮЙЛДЭЛ бодитой



# What's next

- Qualitative study
- Innovative solutions
- Sustainability of extracurricular activities and life skills programs
- Monitoring system
- Advocacy to increase resources





Thank you

unicef   
for every child

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