

Symposium | Art : [Symposium 105] Progress in biological signature and care for youth mental health crisis

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[Symposium 105] Progress in biological signature and care for youth mental health crisis

Moderator: Akitoyo Hishimoto (Kobe University Graduate School of Medicine)

[SY-105-05] Mental Health Trends in Thailand: Emerging Problems and Challenges in a Changing Society

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Mental health is becoming an increasingly critical issue in Thailand, with rising cases of psychiatric disorders and addiction. Recent trends indicate a growing awareness of mental health, but significant challenges remain in addressing these concerns effectively. One of the most alarming trends is the increase in mental health disorders, particularly among adolescents. Academic pressure, social media addiction, and the lingering effects of the COVID-19 pandemic have all contributed to stress and emotional distress. Many students and working professionals report high levels of burnout, affecting their overall well-being. Another major concern is suicide rates, which remain among the highest in Southeast Asia. Financial stress, social isolation, and untreated mental health conditions are key contributing factors. Despite the availability of mental health hotlines, many individuals still struggle to access the support they need. The rise in addiction-related mental health issues is also alarming. Substance abuse, gaming addiction, and excessive social media use are affecting mental well-being, particularly among youth. Cannabis legalization has further complicated the situation, with increasing reports of cannabis misuse, particularly among young adults. Although intended for medical and economic benefits, widespread recreational use has led to concerns about dependency, psychosis, and physical complications. The easy availability of drugs and alcohol exacerbates the problem. Despite growing mental health awareness, Thailand faces several challenges. There is a shortage of mental health professionals, particularly in rural areas. Additionally, access to mental health services remains limited, making it difficult for many individuals to receive timely treatment. To improve mental health outcomes, Thailand needs policy reforms, expanded mental health services, and better education programs. Addressing addiction issues and strengthening regulations on cannabis use will be essential in ensuring long-term mental well-being in society.