Mental Health Promotion and Prevention

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Mental health promotion and prevention are distinct but complementary concepts. **Promotion** focuses on enhancing positive mental health by addressing its determinants before any specific issues arise, aiming to improve overall mental well-being. **Prevention** targets minimizing mental health problems by addressing risk factors early, aiming to reduce future cases. Together, these approaches form the foundation of a public health strategy for children and youth, emphasizing both the optimization of mental health and the prevention and treatment of mental health challenges.

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