

MENTAL HEALTH LITERACY TRAINING FOR CHILDREN AND ADOLESCENTS IN KAMPUNG EMAS SEYEGAN, SLEMAN DISTRICT, YOGYAKARTA SPECIAL REGION

**by Prof. Dr. Komarudin, S.Pd., M.A. Prof. Dr. Ali Satia Graha, S.Pd., M.Kes. Dr. Betrix Teofa Perkasa
Wibafied Billy Yachsie, M.Or.**

ABSTRACT

Mental health literacy is the science of mental disorders that helps recognize, manage and prevent a person's mental disorders. Mental health literacy is also knowledge related to behavior to benefit one's own and others' mental health. Based on the descriptions above, it can be concluded that mental health literacy is the ability to obtain knowledge and information about mental health for children, adolescents and adults so that they understand and can maintain good mental health. Mental health literacy includes the ability to recognize certain mental health disorders, knowing how to find mental health information, knowledge about the risks and factors that cause health disorders. Mental health literacy provides knowledge to participants in the form of material through lectures, discussions and workshops as well as evaluation, namely conducting pretests and posttests on participants. The aim of this community service is to increase mental health literacy for children and adolescents so that it can be implemented in everyday life.

Kata Kunci: *Literacy, Health, mental, workshops*