

CENTRE FOR MENTAL HEALTH AND COMMUNITY WELLBEING

PhD Completion Seminar

The University of Melbourne

Adolescent Mental Health in Bermuda

Presenter: Daniel Cavanagh

**Supervisors: Dr Laura Hart, Prof. Nicola Reavley
and
Dr Shawnee Basden**

Advisory Chair: Prof. Lisa Gibbs

Tuesday 10 September 2024

9.00am - 10.00am

**Seminar Room 410, Level 4, 207 Bouverie Street, Carlton
and
Via Zoom**

**[https://unimelb.zoom.us/j/83079810254?
pwd=ICGoYGxXQOQabm6OayLeNT8b0sJxMZ.1](https://unimelb.zoom.us/j/83079810254?pwd=ICGoYGxXQOQabm6OayLeNT8b0sJxMZ.1)**

Password: 721852

This research investigated depression and anxiety among adolescents in Bermuda. 2,716 students, representing 76% of eligible participants, completed a survey measuring prevalence of depression and anxiety symptoms and impairment, mental health literacy, stigma, and help-seeking barriers and intentions.

Differences across age, gender and race were explored. Symptom prevalence was high, particularly among older adolescents, females and those who did not identify as White. Help-seeking intentions were low and stigma was prominent. Mental health literacy was sub-optimal, particularly mental health first aid knowledge.

This research provides comprehensive and novel insights to adolescent mental health in Bermuda to inform policy and programming.



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Daniel is a PhD candidate at the Centre for Mental Health. He has a Masters of Teaching from the University of Melbourne, and a Masters of Applied Social Psychology at the Higher School of Economics (HSE) in Moscow, Russia.

At HSE, he explored differences between Mental Health Literacy in young Russians and Australians.

Daniel has taught internationally for over 10 years. Since 2019, Daniel has taught psychology at a high school in Bermuda. In 2021, he gave the key-note address at the Bermuda Mental Health Foundation Conference. In 2024, he ran a series of Town Hall events attended by hundreds of educators and 2 community members, as well as the Ministers of Health, Education and Youth, Social Development and Seniors. He is passionate about improving adolescent mental health outcomes on the island.

These seminars are free. Visitors are welcome to attend.

For more information contact the Centre for Mental Health and Community Wellbeing +61 3 8344 0908