The importance of preventative medicine has been firmly established for decades, most notably in addressing risk factors for cardiovascular disease. However, in the feld of mental healthcare, the prevention agenda has received insufficient attention.

One of the principal reasons for this, besides the global funding defcit for mental health (WHO, 2011), is that mental disorders have complex etiology. Within this biopsychosocial framework, understanding of both the molecular biology of neuropsychiatric disorders and deep-rooted economic and social risk factors (e.g. poverty, unemployment, and abuse) remains limited. Presently, few evidence-based interventions are scalable at the population level.

Here, we defne preventative mental healthcare as the medical, social, and economic ecosystem which functions to maximize individual and societal wellbeing and minimize the risk of individuals developing common mental disorders, such as major depression and anxiety disorders. Because most mental disorders develop in youth