



Mental Health in Pediatrics: Comprehensive Overview, Challenges and Advances

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Mental health in pediatrics is a critical aspect of child and adolescent health that encompasses the prevention, diagnosis, and treatment of psychological and emotional disorders in younger populations. This article provides a thorough examination of pediatric mental health, detailing common conditions such as anxiety, depression, ADHD, and autism spectrum disorders. It explores diagnostic approaches, treatment strategies, and the importance of early intervention and multidisciplinary care. The article also highlights recent advancements in mental health care for children and discusses ongoing challenges, including stigma, access to care, and integration of mental health services into primary care. Future directions in pediatric mental health are also considered, focusing on improving outcomes through innovative practices and policies.

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