

## **ABSTRACT**

This thesis was created with the primary aim of obtaining and writing the main and important information related to mental health problems related to suicidal behaviour from the perspective of selected girls who study grammar schools in the Pilsen Region. In the theoretical part, the first two chapters define general characteristics and main information related to health, mental health, mental illness and suicidal behaviour. Subsequently, the theoretical part is devoted to the direct application of lessons learned and the addition of important data following the age category of grammar school students in the thematic areas of mental health, mental illness and suicidal behaviour.

In the practical part, using a qualitative method of semi-structured interview, research was carried out involving 9 selected female students from 8 grammar schools in the Pilsen Region aged 14-18, which focused on finding data from their own experiences and attitudes to mental health and suicidal behaviour, both in and outside the school environment. A detailed analysis of the interviews found that the value of mental health within the quality of life is extremely important for female students and that, according to the data, the pressure on outcomes from the family, the school environment associated with stress and bullying from classmates or even teachers, including personality problems linked to feelings of loneliness, imperfection or inadequacy, has the greatest negative effect. In terms of suicidal behaviour, most of the girls surveyed have experience of self-harm, suicide attempt or completed suicide from their background or directly from their family. Several of the girls questioned had already thought about suicide, and one of them had tried it several times. In the event of problems, they seek support and help from friends and family in particular. Subsequently, there was almost no communication with teachers on the subject of death and suicide, when there was a strong interest on the part of female students in these activities, as well as the lack of prevention programs on the subject of mental health and suicidal behaviour in the school environment.

## **KEYWORDS**

mental health problems, adolescent, suicide, thoughts of suicide, suicide attempt, suicide prevention