

The diploma thesis is devoted to the area of mental health problems / mental illnesses as a possible topic of general primary prevention in the school environment. It points out, that the mental health and illness is not being systematically solved. In the area of primary prevention is not given the kind of attention it deserves. In the theoretical part, basic notions are defined first, such as mental health and illness, risk behavior, stigma and prevention. The focus is on the period of adolescence and the perspective of possible links between risky behaviors and mental health problems/illnesses. The theoretical part of the work is also centered on the coping strategies of adolescents and the area of general primary prevention of risk behavior in the current concept of the Ministry of Education. That includes ensuring and controlling the quality and effectiveness of primary prevention programs. In brief, follow-up care - supported education and early intervention is discussed.

The aim of the work is to map the relation of the needs of young people with mental illnesses and primary prevention. In addition, the findings will be a base for recommendations how to incorporate the topic of mental health and illness into the existing system of primary prevention. The methodology is based on a qualitative research strategy. Semi-structured interviews were conducted with eleven respondents working as peer consultations and peer educators in social services for people with mental illness.

The results of empirical research have highlighted the need for available information, open communication within their families and schools, and social support over all. In order to find help early, it has been proven that strengthening self-confidence and positive self-esteem of teenagers is essential as well as providing support in the adoption of appropriate coping strategies. All this should happen in an environment, where no prejudice or discrimination exists. The results of the research section show that the demand for destigmatization is a crucial part of primary prevention as an additional layer to available information and social support.

**Key words:** adolescence – mental health problems – mental illness – primary prevention – risk behavior – coping – help-seeking – stigma – destigmatization