

Children's Mental Health

Children's Voices from Cambodia

In May and July 2025 CRC-Cambodia consulted a group of children, members of Child and Youth-Led Networks, to find out their views on mental health issues and services in Cambodia.

Mental Health Challenges

Many children feel overwhelmed by social media pressure. Social media exposure of confidential info can trigger harassment, cyberbullying, and even suicide.

Relationships with parents can be very difficult, especially through violence and divorce.

Family money problems, like debt can also impact children's mental health.

Sometimes parents have to migrate for work, sometimes the whole family. It's hard to catch up at school or stay close with family after being apart.

When divided from family children lose (emotional) support and confidence.

Girls are sometimes forced to marry.

Some children face discrimination because of their gender or disability.

Mistreatment in schools by peers and teachers.

When children are overlooked by teachers, they are discouraged and demotivated ... they lose hope for the future.

Environmental threats like deforestation, pollution, and water scarcity cause fears and concern among some children, too.



Mental health isn't just about emotions—it touches everything.

Children feel worried, sad, or stressed.

Those feelings can also show up physically, like trouble sleeping, not wanting to eat, losing hair, or feeling sick.



It can make learning harder and school feel stressful. Children are not able to concentrate, do homework, or even enjoy activities outside of school.

Some can not talk to their family and friends, some even lose friends and confidence.

Some children change their attitude.

No support services nearby

Some children can only talk to teachers sometimes.

Children often try to feel better in their own way.

Some spend time with friends, go outside, or be alone for a while.

Some children meditate. Some spend time in the nature - river, forest, mountains

Some do sports, craft and gardening activities in school.

This can help, but having safe, friendly support nearby would make a big difference.

A quiet, safe school counseling space with confidential professional support is a key recommendation from children.

