

University of Groningen

## Mental health from a life-course perspective

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*Document Version*

Publisher's PDF, also known as Version of record

*Publication date:*

2016

[Link to publication in University of Groningen/UMCG research database](#)

*Citation for published version (APA):*

Veldman, K. (2016). *Mental health from a life-course perspective: The transition from school to work*. University of Groningen.

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Propositions accompanying the dissertation

**Mental health from a life course perspective**  
**The transition from school to work**

1. The persistence of mental health problems from childhood to young adulthood needs the specific attention of youth health care services. (this thesis)
2. Different life stages cannot be fully understood if separated from each other; a life course perspective is essential to understand the transition from school to work. (this thesis)
3. Young adults with emotional problems deserve the specific attention of schools in order to prepare them for the transition into the labor market. (this thesis).
4. Real boys should learn to cry. (this thesis)
5. The current educational system does not meet the needs of young adults with behavioral problems. The opposite seems true as the problems of young adults become worse at school. (this thesis)
6. When I judge myself, I devalue myself. (Anselm Grün)
7. There can be no health without mental health. (UN Secretary-General Ban Ki-moon)
8. You don't really know who you are until you've faced real adversity. (Dan Gasby)
9. When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied. (Herophilus van Chalcedon)
10. Thinking changes your mind. It is like cooking. To make it taste good, you prepare raw material in the best possible way into something digestible. (Connie Palmen)

Karin Veldman, 13 December 2016