

SCHOOL TV SPECIAL REPORT

The physical impact of the pandemic has mostly spared our young people, however as the nation remains to be on alert and in various stages of lockdown, restrictions continue to be mandated. The pandemic has had a great affect on our young people with many paying a heavy emotional and developmental price. Psychological disorders are on the rise and emergency interventions have skyrocketed.

As hard as it is being a young person today, it's also draining being the parent of one. It has been reported that many parents are struggling to keep their child's mental health afloat, often proving it is difficult to juggle parenting responsibilities whilst at the same time providing much needed emotional support for their children.

Unlike the coronavirus itself, the emotional blowback of the pandemic cannot be vaccinated away. Psychologists are seeing more depression and anxiety across all age groups, but in adolescents it seems to be on steroids, with some choosing to self-medicate using alcohol or other drugs. When they look into the future now, they're looking at one that wasn't what they envisioned before.

This report explains the current state of youth mental health in a post-COVID era and offers guidance on how best to support young people today. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If this Special Report raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help.

To read the report please visit [THIS LINK](#).

