

PANDEMIC OF MENTAL HEALTH PROBLEMS AMONG YOUNG PEOPLE



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THE GENERAL STATE OF MH OF YOUNG PEOPLE WORSENE IN RECENT YEARS DUE TO:

- PANDEMIC RESTRICTIONS TO SOCIAL LIFE DISRUPTED MH CARE SERVICES AND PREVENTIVE ACTIONS IN COMMUNITIES (DURING 2020 – 2022)
- INCREASED RISK FACTORS (LOW SOCIOECONOMIC STATUS, ETHNIC MINORITY, GEOGRAPHICAL ISOLATION ETC.)
- INCREASED LEVEL OF STRESS AND UNCERTAINTY



LET'S TALK

Developing gender sensitive mental health program for young people



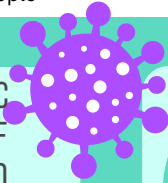
LETSTALK-PROJECT.EU

RESEARCH RESULTS:

*From the action field research in GR, HR, IT and SRB within "Let's Talk" project - on youth mental health experts and young people

THERE WAS A DRASTIC DECLINE IN MH STATE OF YOUNG PEOPLE DURING COVID TIMES:

MORE PHOBIAS, ANXIETY, DEPRESSIVE SYMPTOMS, LONELINESS, HIGHER GAMING ADDICTIONS, FURTHER CONFLICT BETWEEN VIRTUAL & REAL-LIFE IDENTITY



CHILDREN AND YOUNG PEOPLE INTERNALISE THEIR PROBLEMS MORE OFTEN, LEADING TO VARIOUS MENTAL HEALTH DISORDERS.

SOCIAL NORMS, TRADITIONAL GENDER ROLES, AND STIGMATISATION ARE OBSTACLES TO SEEKING MENTAL HEALTH HELP.



FROM A GENDER PERSPECTIVE

YOUNG WOMEN AND GIRLS ARE MORE EXPOSED TO FAMILY VIOLENCE AND VIOLENCE ON SOCIAL MEDIA

- GIRLS ('HIGH ACHIEVERS') ARE ESPECIALLY VULNERABLE FOR EXPERIENCING MH PROBLEMS
- BOYS ARE FACED WITH HIGHER GAMING ADDICTION

SOME FEELINGS ARE "ALLOWED" AND SOME ARE "FORBIDDEN" DEPENDING ON GENDER E.G. FEAR FOR BOYS OR ANGER FOR GIRLS

A VISIBLE INCREASE IN SEEKING PROFESSIONAL HELP - ESPECIALLY IN BOYS/YOUNG MEN - A TREND IN THE GRADUAL EQUALIZATION OF THE RATIO



LGBTQI+ YOUTH (ESPECIALLY TRANSGENDER) ARE IN ADDITIONAL CHALLENGING SITUATION – THERE IS STILL HIGH LEVEL OF SOCIAL REJECTION, VIOLENCE AND DISCRIMINATION THERE IS A LACK OF KNOWLEDGE ON GENDER ISSUES AMONG YOUTH WORKERS



LET'S TALK AIMS TO STRENGTHEN YOUTH WORKERS' CAPACITY TO SUPPORT YOUNG PEOPLE'S MENTAL HEALTH FOCUSING ON A GENDER-SENSITIVE APPROACH.

GENDER SENSITIVE APPROACH TO MH:

- Activities in which children and young people are encouraged to explore the role of gender in their mental health.
- Work that responds to gendered ways in which mental health issues affect children and young people.
- Gender-specific work to address the needs of particular groups, including trans and non-binary children and young people.

*according to Hamblin and Young 2017.

POLICY RECOMMENDATIONS

- Reformation and financial support of the school system, introducing mental health and gender/sexual education in the curricula.
- Clear guidelines for the professionals and a Universal Protocol regarding mental health.
- Free, inclusive, and youth-friendly accessible-to-all services.
- Cross-sectoral cooperation.
- Promotion of mental health in public space – Destigmatising.