

MENTAL HEALTH DURING COVID-19

How can parents support teenagers during this time?

THE STATISTICS:

DEPRESSION AND ANXIETY

- As of mid-April 2020, COVID has tripled depression rates: 27.8% as of mid-April compared to 8.5% before the pandemic.
- 55% of teens say they've experienced anxiety, 45% excessive stress, and 43% depression.



COVID-19

- “81% of teens say mental health is a significant issue for young people in the U.S., and 64% of teens believe that the experience of COVID-19 will have a lasting impact on their generation’s mental health.”
- “61% of teens said that COVID-19 pandemic has increased their feeling of loneliness.”

UNDERSTANDING AND TAKING ACTION:

UNDERSTAND THE COMMON CHALLENGES TEENS ARE FACING

1. Change in routines, for example, not being able to see friends in person
2. Break in continuity of learning: many find it difficult to adjust to online classes
3. Missed significant life events, including graduation and birthdays



TAKE ACTION TO SUPPORT TEENAGERS

1. Recognize and address their fears and stress. Talk openly about how they are feeling
2. Encourage them to be good role models and give them honest and accurate information
3. Help them maintain a routine
4. Encourage them to stay in contact with friends and families online

RESOURCES:

1. **NATIONAL SUICIDE PREVENTION LIFELINE:** 1-800-273-TALK (8255) FOR ENGLISH, 1-888-628-9454 FOR SPANISH
2. **LIFELINE CRISIS CHAT:** [HTTPS://SUICIDEPREVENTIONLIFELINE.ORG/CHAT/](https://suicidepreventionlifeline.org/chat/)
3. **CRISIS TEXT LINE:** TEXT HOME TO 741741 TO CONNECT WITH A CRISIS COUNSELOR

