



QLD MENTAL HEALTH WEEK 10-18 OCTOBER 2020

# FAMILY, FRIENDS AND COVID-19 – IMPACT ON YOUNG PEOPLE’S MENTAL HEALTH AND WELL-BEING

INTRODUCTION

## ONE IN FOUR YOUNG AUSTRALIANS SUFFERS A MENTAL HEALTH ISSUE BEFORE THE AGE OF 25.

**FOR THE MAJORITY, IT EMERGES IN THEIR TEENS, AND NEARLY HALF OF THOSE WILL REMAIN UNTREATED.**

**Mental health is complex.  
Serious mental illness is very complex.**

At ClearThinking QLD, we believe we need to provide an option for young people and their carers – a dedicated “second opinion” assessment service that will leave no stone unturned in trying to understand potential diagnoses and then, provide a treatment plan based on this comprehensive assessment, and incorporating the latest in research.

Clearthinking advocates for a scientific approach to innovation in mental healthcare. We believe that government should routinely apply methodology from the fields of service design and dynamic modelling to the development of new service models. To support local advanced service design we call on the Queensland Government to establish a State-wide network of expert health and social service designers, dynamic modellers, clinicians, participating mental health services, departmental heads, and representative consumers and carers, to lead innovation of mental healthcare.

This is a unique offering for the young people of Queensland at risk of developing serious mental illness.

In these troubling times of the COVID-19 pandemic, we are reminded daily of the profound psychological impact and effect such has, on not only the general public, but particularly upon those who live with mental health conditions, especially young adults and their families, including but not limited to -

- Isolation and social distancing
- Depression
- Anxiety
- Stress
- Social loneliness
- Employment losses
- Education disruption
- Economic loss
- Concerns of personal health and health of loved ones

KIDS HELPLINE (FOR TEENS): 1800 55 1800 • LIFELINE AUSTRALIA: 13 11 14

This information is intended for educational and information purposes only and does not replace independent professional judgement in individual cases.

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Throughout the QLD Mental Health Week 10-18 October 2020, ClearThinking QLD will be launching the following information brochures to assist young people and their families, offering strategies and to assist them in better dealing with their Mental Health -

1. **Adolescent development** and the role of family in adolescent development
2. **Parental and community strategies** to foster mental health of young people
3. What is the **impact of COVID-19 on the education** of young people? / How can students cope better with the impacts of COVID-19 on education?
4. What is the **impact of COVID-19 on employment** prospects of young people?
5. How will COVID-19 **impact on the mental health and well-being** of young people? / How can young people and their parents better cope with the impacts of COVID-19 on youth mental health?

**FOLLOWING ON FROM THESE BROCHURES, ON 22ND OCTOBER 2020, THE CLEARTHINKING RESEARCH COUNCIL WILL BE HOSTING A Q&A WEBINAR TO DISCUSS THE ABOVE ITEMS, FEATURING THE FOLLOWING PANEL EXPERTS INCLUDING -**

- **Dr Peggy Brown**, former CEO of the National Mental Health Commission of Australia
- **Associate Professor Simon Denny**, Director, Mater Young Adult Health Centre, Brisbane
- **Dr Tatjana Ewais**, Chair, Queensland Faculty of Child and Adolescent Psychiatry, Royal Australian & New Zealand College of Psychiatrists
- Parent representative TBC
- Young person representative TBC

**REGISTER NOW FOR FREE** at <http://www.clearthinking.com.au/events/>

SUICIDE CALL BACK SERVICE 1300 659 467 • [WWW.HEADSPACE.ORG.AU](http://WWW.HEADSPACE.ORG.AU)

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