



QLD MENTAL HEALTH WEEK 10-18 OCTOBER 2020

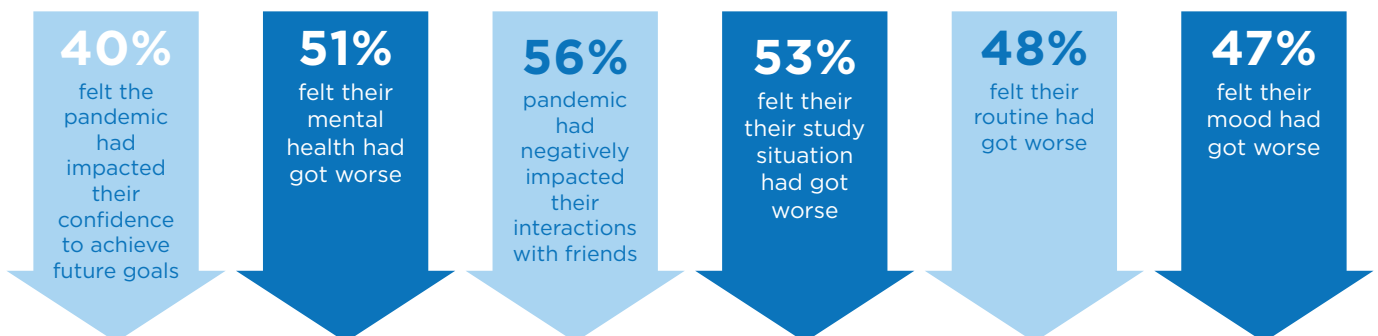
FAMILY, FRIENDS AND COVID-19 – IMPACT ON YOUNG PEOPLE’S MENTAL HEALTH AND WELL-BEING

INFORMATION SHEET 5/5

HOW WILL COVID-19 IMPACT ON THE MENTAL HEALTH AND WELL-BEING OF YOUNG PEOPLE?

A survey released on 15 June 2020 from headspace National Youth Mental Health Foundation showed that young **Australians are fearful and uncertain for their futures as a result of COVID-19**. The survey was national and included 2,208 young people aged 15-25 and 2,164 parents of young people aged 12-25 and was conducted at the height of the lockdown in Australia. It found that 40% of young respondents felt the pandemic had impacted their confidence to achieve future goals.

Parents tended to see the negative impacts on their young people as less severe than the young people were saying themselves: “This disconnect reminds us that it is important for parents to check in with the young person to understand what is affecting them in the current environment.”



“we can see ... that COVID-19 has had significant negative short term impacts for young people when it comes to things like study, interactions with friends, work situations and mood but the long term impacts have the potential to be much greater” Mr Jason Trethowan, National CEO, headspace

IN CONCLUSION

“... severe adversity ... [is unlikely to have] ... major or lasting effects on adaptive behaviors ... unless ... cognition and [everyday] parenting, are compromised ... studies of resilience ... [show] ... the importance of a relatively small number of global factors ... These include connections to competent and caring adults in the family and the community, cognitive and self-regulation skills, positive views of self, and motivation to be effective in the environment ... resilience does not come from rare and special qualities, but from the ... ordinary resources in ... children, in their families and relationships ... in their communities ... our current knowledge justifies a more positive view of ... ordinary parents, and the self-righting power of [adolescent] development ...”.

Masten, 2001, Am Psychologist, 56, 3, 227-238)

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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HOW CAN YOUNG PEOPLE AND THEIR PARENTS BETTER COPE WITH THE IMPACTS OF COVID-19 ON YOUTH MENTAL HEALTH?

Step 1	Web-based information (Reachout.com; beyondblue; headspace)
Step 2	Talk to family and friends
Step 3	Talk to the school counsellor or youth worker
Step 4	Visit your GP or headspace
Step 5	Connect to peer support , perhaps with peers with similar world views, who can be a great source of support. For adolescents, seeking out trustworthy adults , who are not direct family members, can be a great source of support, guidance, and mentorship (Cairns & Cairns, Lifelines and risks: Pathways of Youth in Our Time. NY: Cambridge University Press, 1994). In relation to adolescents finding trusted adults, some parents may want to view the Daniel Morcombe Foundation sponsored website (orbit.ht.dstier2.com/trusted-adults/)

RESOURCES FOR PARENTS WHO ARE STRUGGLING WITH FAMILY ISSUES DURING THE PANDEMIC

Step 1	Web-based information (raisingchildren.net.au; Parenting Research Centre; beyondblue; headspace)
Step 2	Talk to family and friends
Step 3	Talk to the school counsellor, together with your adolescent
Step 4	Visit your GP or headspace: Discuss the benefits of the Teen Triple P (Ralph & Saunders, Australian Institute Criminology, 2004) or Tuning in to teens (Havighurst et al, 2015, J Adolescence, 42, 148-158) programs.
Step 5	Connect to Peer support, perhaps with parents of similar world views (e.g., faith-based or gender-based), which can be a great source of support (check out: www.mytime.net.au).

Footnote 1: There is evidence that the impacts of an economic crisis on adolescents are mediated indirectly by effects on the mood and interactions of parents that undermine the effectiveness of their parenting behaviour (Conger et al., In G Duncan & J Brooks-Gunn (Eds) Consequences of growing up poor, NY: Russell Sage Foundation, 1997 (pp. 288-310). This highlights the importance of parents maintaining a positive mindset and the focus on the quality of their parenting behaviour.

Footnote 2: If parents are considering using a phone location monitoring app, talk it over with other parents who have used them.

SUICIDE CALL BACK SERVICE 1300 659 467 • WWW.HEADSPACE.ORG.AU