

Youth Mental Health in the post COVID-19 era

U-Report Greece poll
8 December 2022 – 9 January 2023



How do global crises affect your mental health?
Send **HEALTH** to **U-Report Greece** and share your experiences.

Youth and Adolescents' Mental Health in the Post COVID-19 Era

388
RESPONDERS

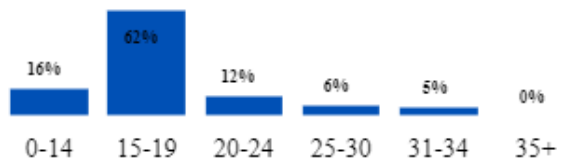
93%
RESPONSE RATE



38%
139



62%
230



TOTAL RESPONDERS



Do you think that the 'extraordinary events' and crises of recent years (covid-19 pandemic, war in Ukraine, economic/climate crisis) have/are negatively affecting your mental health?

YES

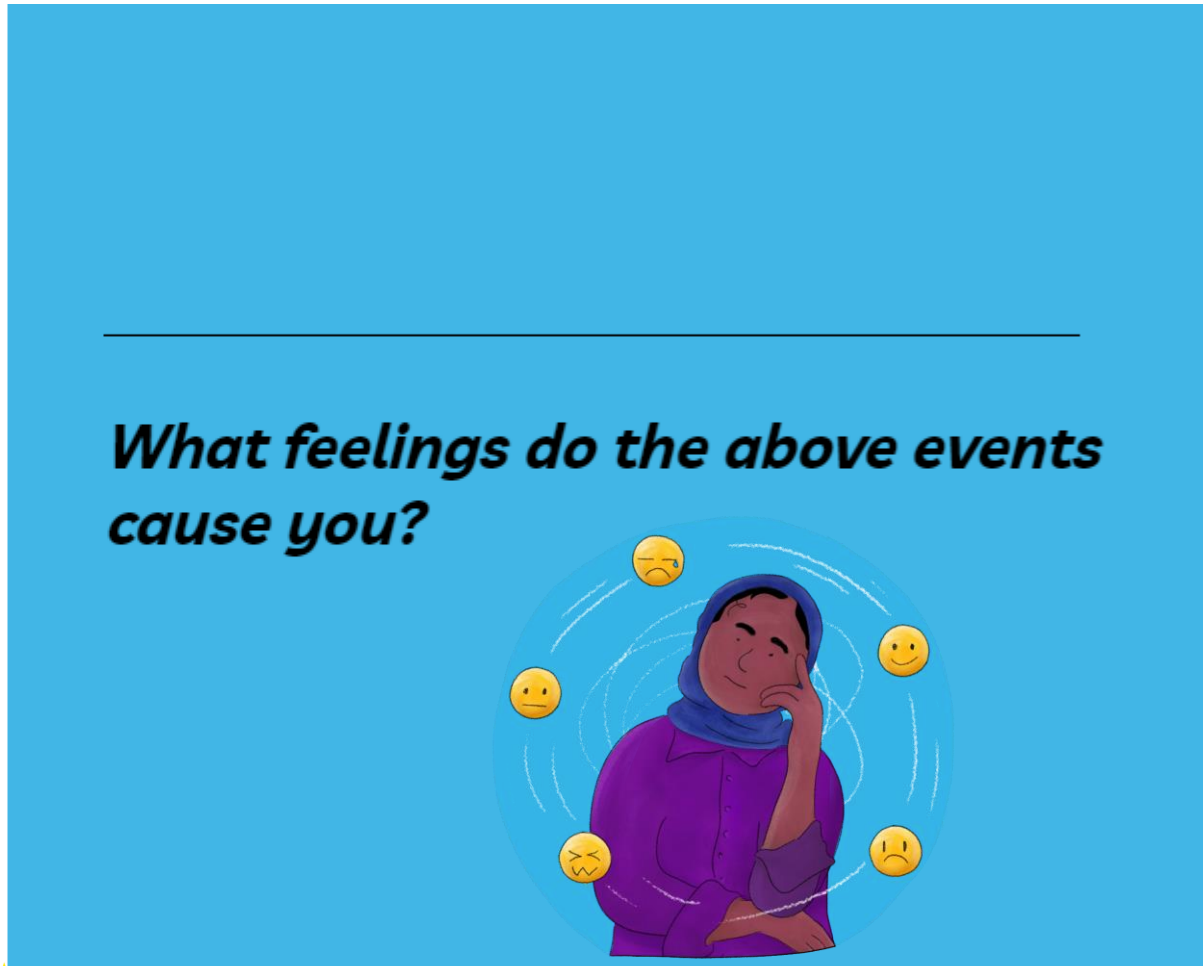
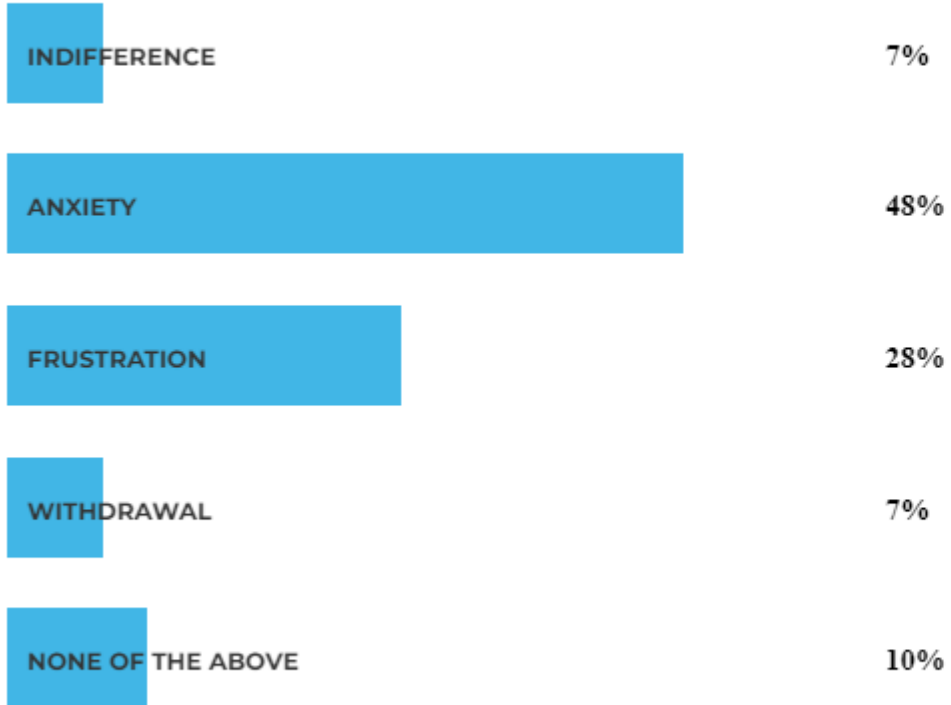
56%

NO

19%

I DON'T KNOW

25%





"I feel anxiety, loneliness, constant fatigue, stress. I feel pessimistic, and many times my confidence and hope are lost, as are my self-esteem, self-discipline, and peace of mind. I feel a knot in my stomach, a turmoil, everything seems dark, ugly, irreversible."

—U-Reporter, 14 years old, Larisa

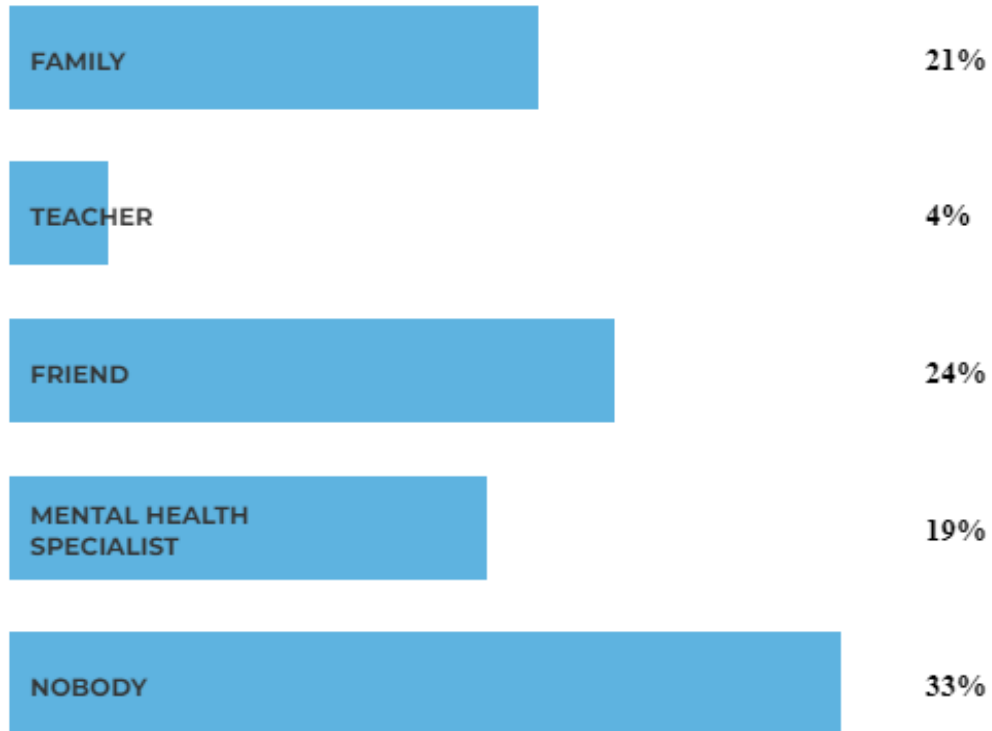




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Who have you talked to about how you feel lately?





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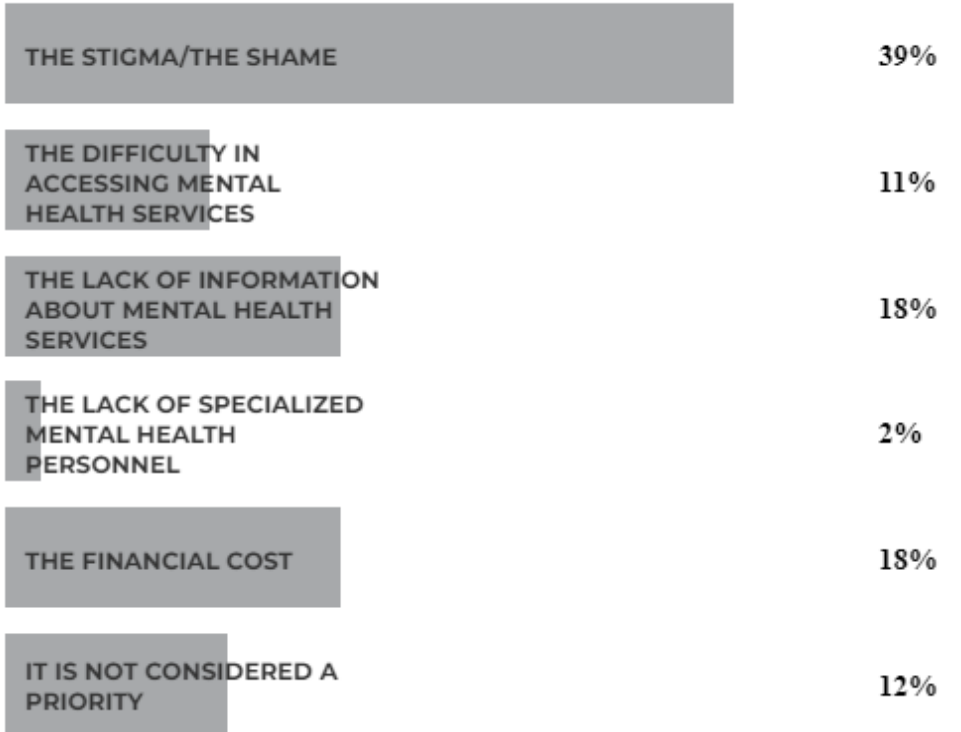
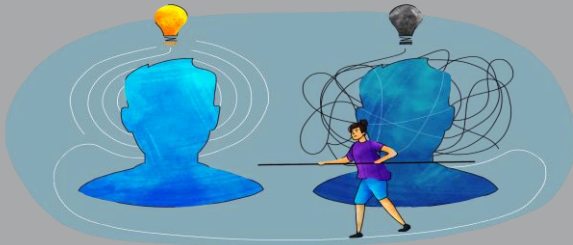
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Have you sought help from a mental health professional in the last year?



Which one do you think is the main issue preventing young people from receiving mental health services?

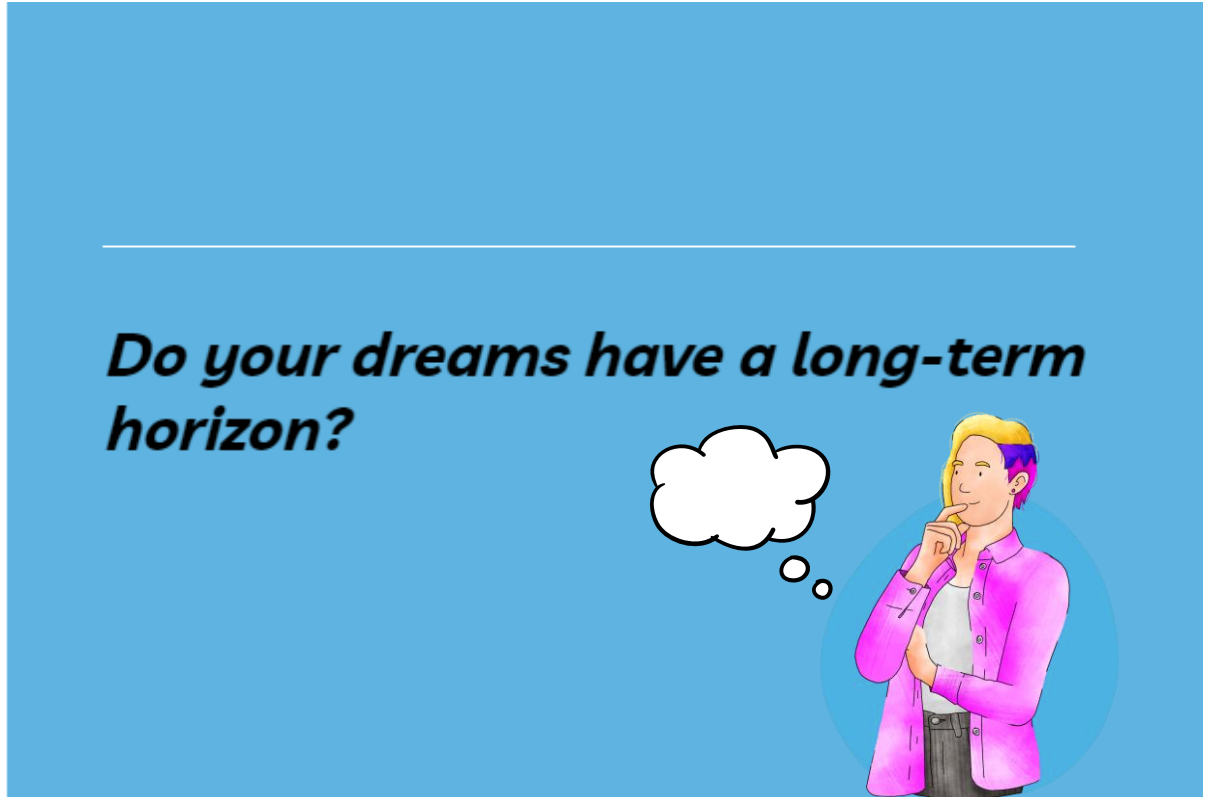
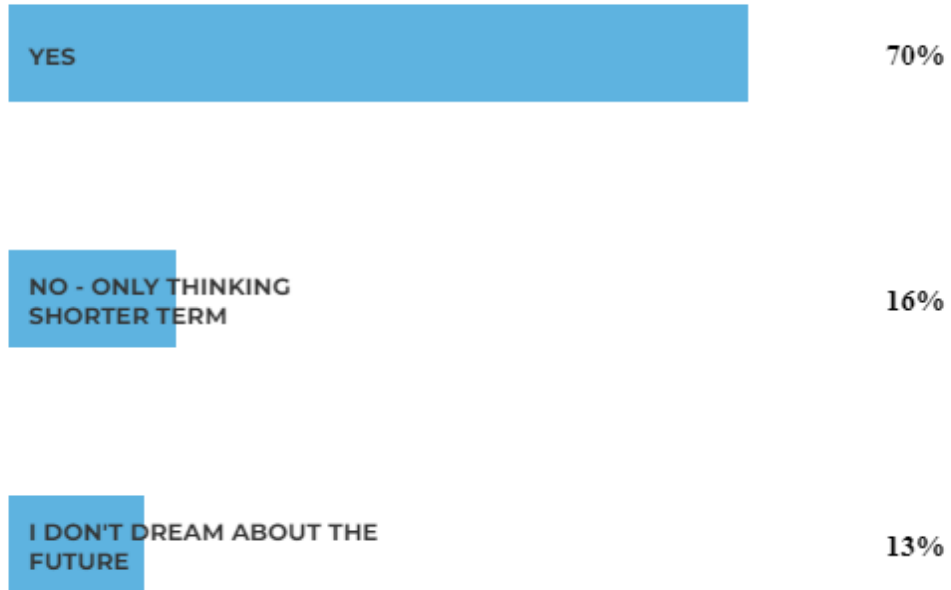




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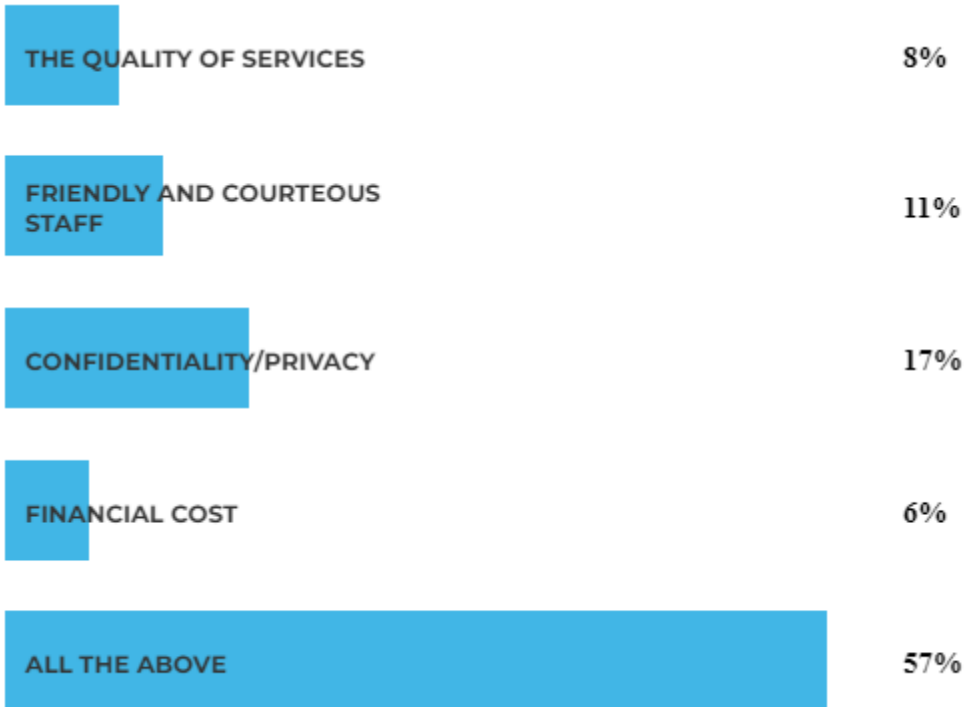
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Today's young generation grew up and came of age in an environment of global crises. Do you think that in the end, this can benefit young people by making them more assertive and participative?





What do you consider the most important for the country's mental health services?

Do you know that in our country there are specialized actions and mental health services?

YES

42%

NO

24%

I'M NOT SURE/I DON'T
KNOW

35%

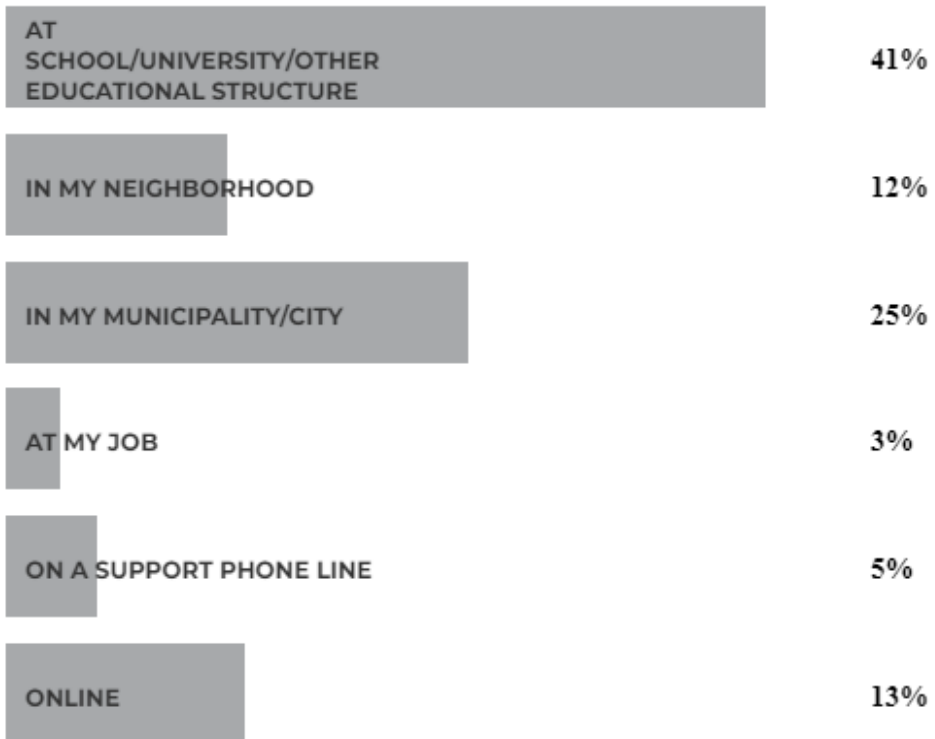


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Where would you prefer to receive mental health services?





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