## 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.









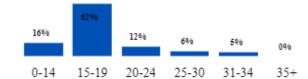
## Youth and Adolescents' Mental Health in the Post COVID-19 Era

388 RESPONDERS

93% RESPONSE RATE







## 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%

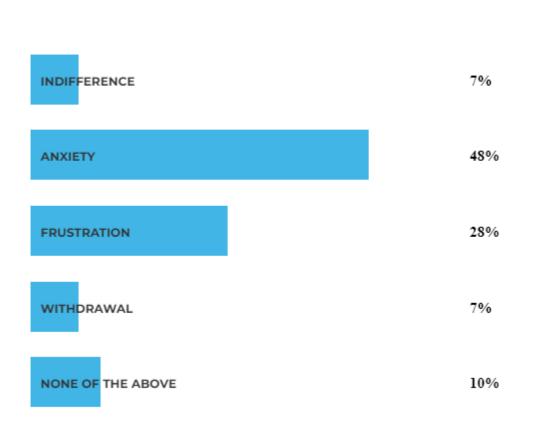
I DON'T KNOW











unicef

for every child

What feelings do the above events cause you?





Ministry of Education and Religious Affairs

General Secretariat for Vocational Education, Training, Lifelong Learning & Youth



"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





21% FAMILY **TEACHER** 4% 24% FRIEND MENTAL HEALTH 19% SPECIALIST 33% NOBODY

Who have you talked to about how you feel lately?











YES 25%

NO, I DON'T WANT/NEED 48%

NO, BUT I AM GOING TO DO

NO, BECAUSE I AM
ASHAMED
7%

NO, BECAUSE I DON'T KNOW WHOM IS

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











THE STIGMA/THE SHAME	39%
THE DIFFICULTY IN ACCESSING MENTAL HEALTH SERVICES	11%
THE LACK OF INFORMATION ABOUT MENTAL HEALTH SERVICES	18%
THE LACK OF SPECIALIZED MENTAL HEALTH PERSONNEL	2%
THE FINANCIAL COST	18%
IT IS NOT CONSIDERED A PRIORITY	12%









YES 70%

NO - ONLY THINKING
SHORTER TERM
16%

I DON'T DREAM ABOUT THE FUTURE 13%

Do your dreams have a long-term horizon?









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?

YES			44%
NO			19%
I DOI	N'T KNOW		37%









THE QUALITY OF SERVICES	8%
FRIENDLY AND COURTEOUS STAFF	11%
CONFIDENTIALITY/PRIVACY	17%
FINANCIAL COST	6%
ALL THE ABOVE	57%

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%

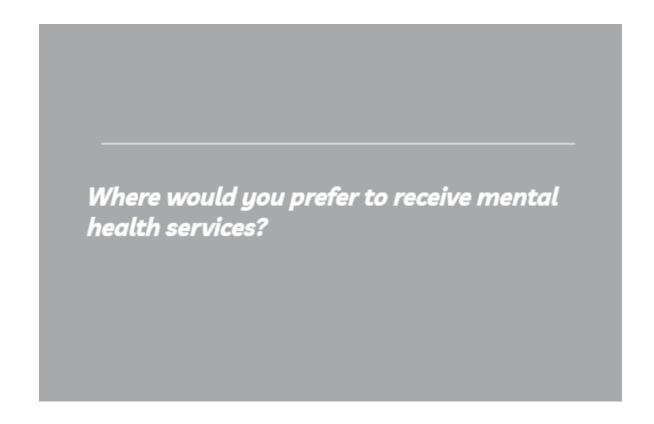
I'M NOT SURE/I DON'T KNOW











AT SCHOOL/UNIVERSITY/OTHER EDUCATIONAL STRUCTURE	41%
IN MY NEIGHBORHOOD	12%
IN MY MUNICIPALITY/CITY	25%
АТ МҮ ЈОВ	3%
ON A SUPPORT PHONE LINE	5%
ONLINE	13%











https://www.facebook.com/UReportGreece



https://greece-en.ureport.in/



ΗΦωνήΣουΜετράει!







