

## EMPLOYEE ASSISTANCE PROGRAM

# PROTECTING YOUTH MENTAL HEALTH

The pandemic, violence at school and social media toxicity have had an impact on young people. It has affected their mental wellbeing. Poor mental health can impact their school experience, their grades, decision-making, relationships and overall health and safety.

Youth are reporting a higher incidence of mental health problems than ever before. Warning signs to look for include sadness, hopelessness, irritability, anxiety, excessive anger, avoiding people, difficulty concentrating, severe mood swings and prolonged negative mood and attitude. Parents' and caregivers' awareness of the warning signs is crucial to reducing stigma, encouraging open conversations and finding care.

If you are concerned about a child's mental wellbeing, contact your EAP or doctor for guidance.

