



疫情冲击：

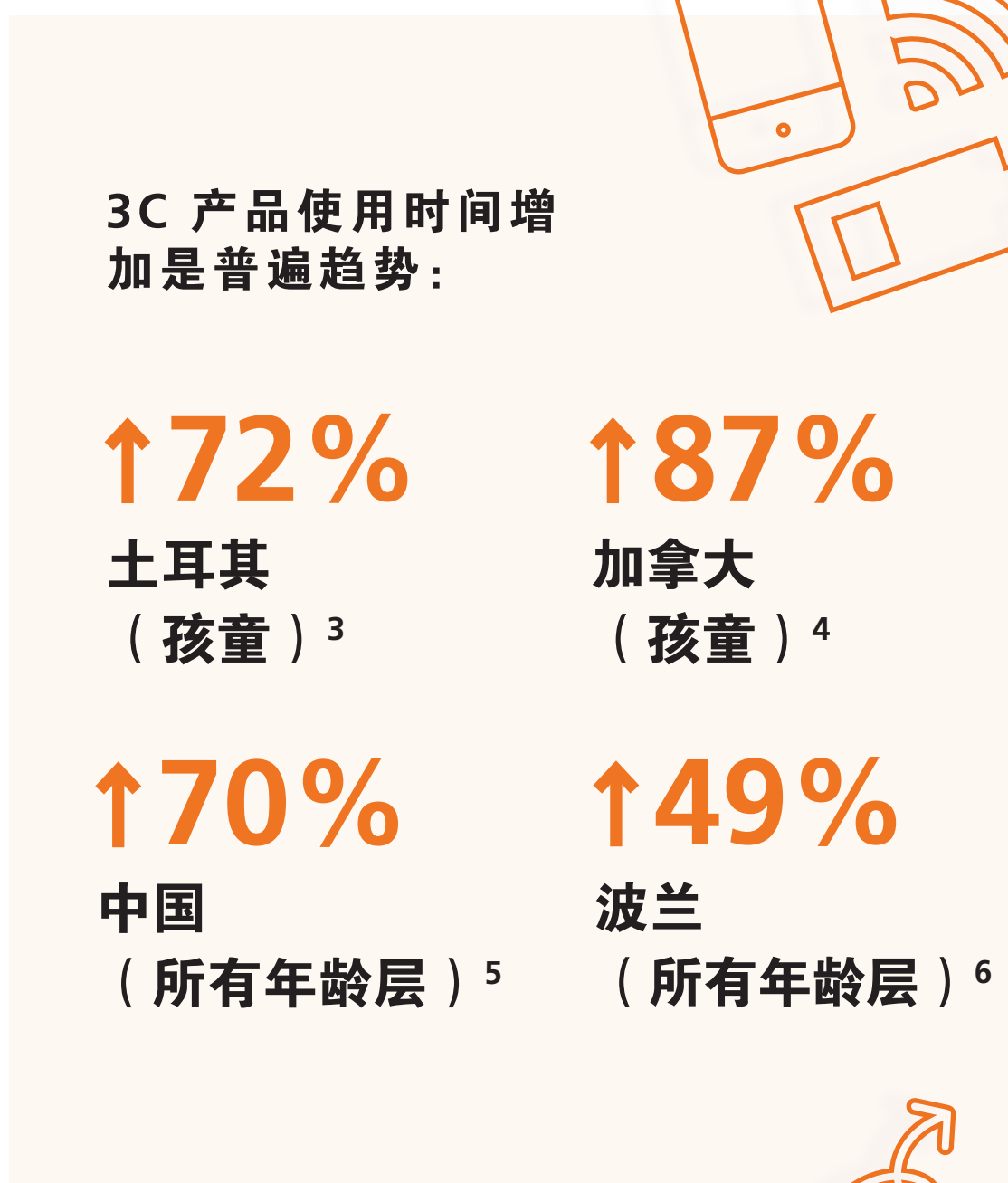
## 年轻人的心理健康

疫情已持续超过一年，每个人都曾经感受到压力 — 也错过了许多人生的珍贵时刻。对青少年和年轻人而言，运动赛事和演唱会、毕业典礼、在大学教室里上课等仪式般的人生经历都取消了。因为这些活动和其它社交聚会不复存在而觉得难过对他们产生极大的冲击。

新冠肺炎 (COVID-19) 疫情期间年轻人的三大问题：<sup>1</sup>

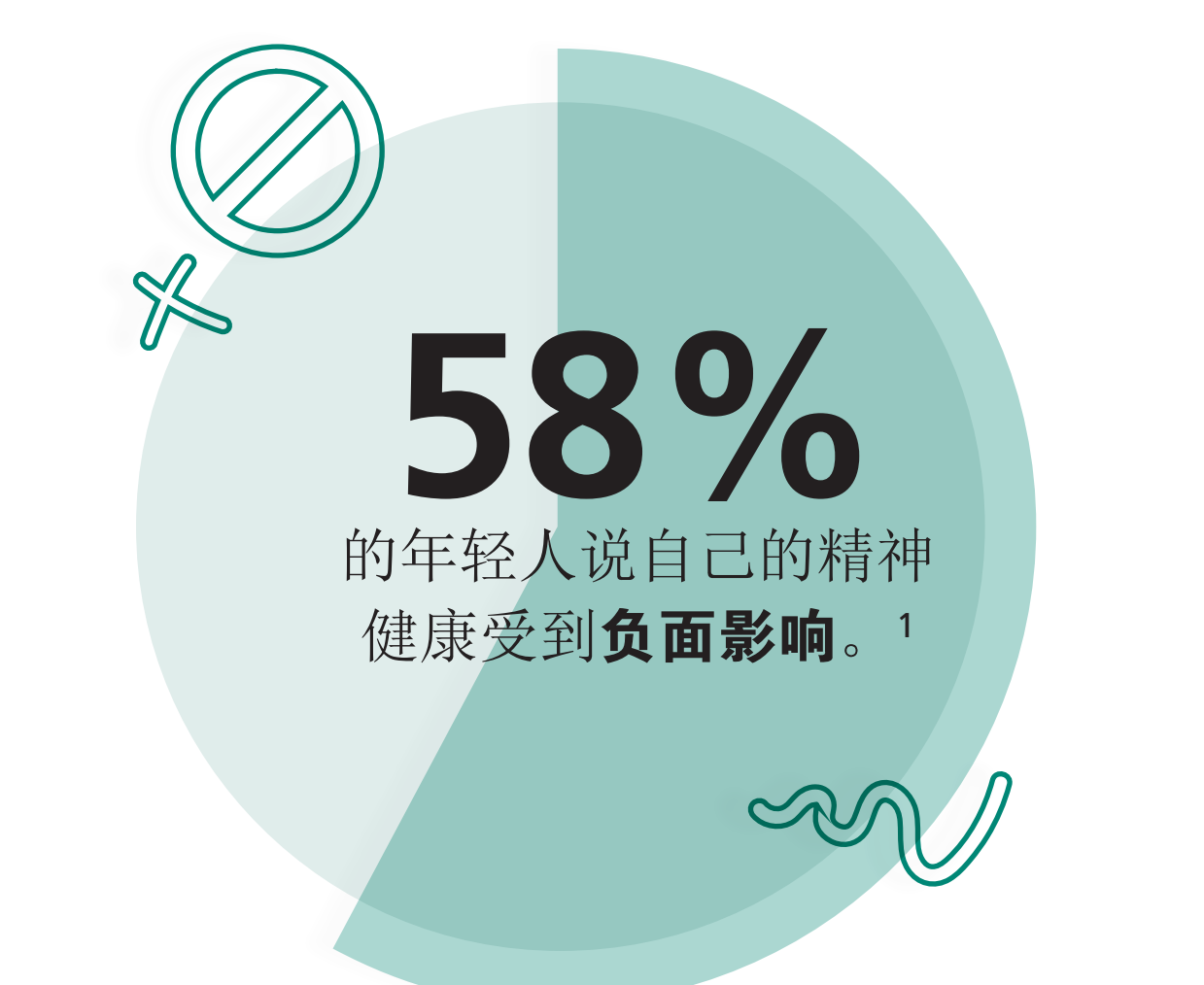
### 1 日常生活乱了步调

60% 的受访者



### 2 心理健康

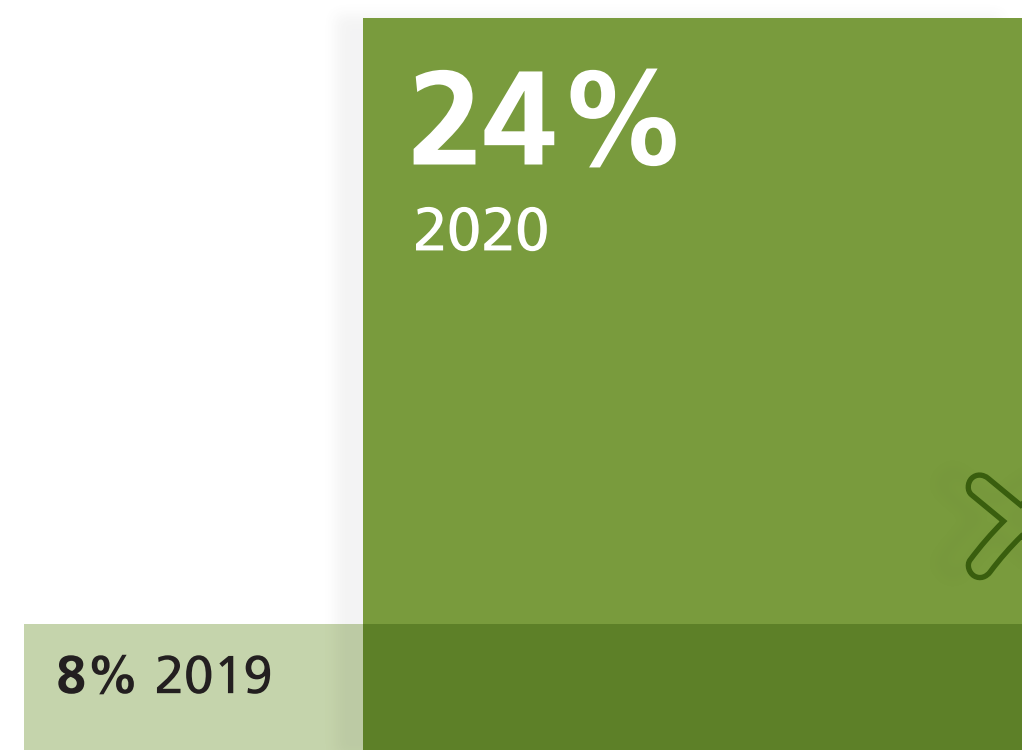
55% 的受访者



美国的春季失业率

### 3 财政安全

44% 的受访者



**24.4%** 的美国年轻工作族群（16-24 岁）在 **2020 年春季失业**。<sup>9</sup>

**72%** 的国家“通报，易受伤害的族群，包括儿童和青少年，**无法顺利取得心理健康服务**。”<sup>10</sup>

如果您面临到和疫情相关的抑郁、焦虑和压力问题 — 或您家中的青少年或年轻人有同样的问题 — **您可以得到帮助**。

您的员工帮助计划免费向您以及您参加计划的受抚养人提供全年无休、每天 24 小时的保密支持。您甚至可能符合资格接受治疗师面对面或网络看诊，不须额外付费。



担心年轻人吗？  
**请联系您的员工帮助计划。**

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