



疫情衝擊：

年輕人的精神健康

疫情已持續超過一年，每個人都曾經感受到壓力 — 也錯過了許多人生的珍貴時刻。對青少年和年輕人而言，運動賽事和演唱會、畢業典禮、在大學教室裡上課等儀式般的人生經歷都取消了。因為這些活動和其他社交聚會不復存在而覺得難過對他們產生極大的衝擊。

新冠肺炎 (COVID-19) 疫期間年輕人的三大問題：¹

①日常生活亂了步調

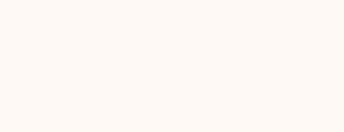
60% 的受訪者

15.7 億 學生無法到校上課

大約 90% 的學生無法到教室上課。²

5 億人

沒有上網課的資源。²



3C 產品使用時間增加是普遍趨勢：



↑72%

土耳其
(孩童)³

↑87%

加拿大
(孩童)⁴

↑70%

中國
(所有年齡層)⁵

↑49%

波蘭
(所有年齡層)⁶



②精神健康

55% 的受訪者



25% 對上
13%



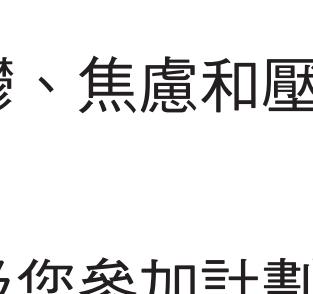
在美國，年輕人 (18–24 歲) 相較於成年人，整體通報的藥物使用新個案或藥物使用增加情形多出了兩倍。⁷

美國的春季失業率

③財務安全

44% 的受訪者

34% 失業



34% 的英國大學生表示自己失業、工時縮減，或者沒有領到工資。⁸

24.4% 的美國年輕工作族群 (16–24 歲) 在 2020 年春季失業。⁹

24%

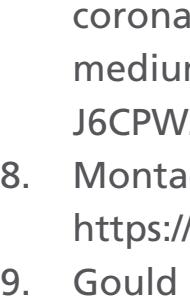
2020

8% 2019



如果您面臨到和疫情相關的憂鬱、焦慮和壓力問題 — 或您家中的青少年或年輕人有同樣的問題 — 您可以得到幫助。

您的員工幫助計劃免費向您以及您參加計劃的受撫養人提供全年無休、每天 24 小時的保密支持。您甚至可能符合資格接受治療師面對面或網路看診，不須額外付費。



擔心年輕人嗎？
請聯絡您的員工幫助計劃。

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2. United Nations. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all. Available at: <https://unstats.un.org/sdgs/report/2020/goal-04/>. Accessed February 16, 2021.

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9. Gould E, Kassa M. *Young Workers Hit Hard by the COVID-19 Economy*. Economic Policy Institute. Available at: <https://www.epi.org/publication/young-workers-covid-recession/>. Accessed February 16, 2021.

10. World Health Organization. COVID-19 disrupting mental health services in most countries, WHO survey. Available at: <https://www.who.int/news-room/05-10-2020-covid-19-disrupting-mental-health-services-in-most-countries-who-survey>. Accessed February 16, 2021.

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