



BUILDING RESILIENCE POST PANDEMIC

Unfortunately, the mental health of young people has been significantly impacted by the pandemic.

The prevalence of symptoms of anxiety and depression has risen dramatically amongst young people and remains higher than pre-pandemic levels. It is not an exaggeration to say that the child and adolescent mental health system is currently in crisis with general practices inundated, emergency departments flooded with demand, and medical services becoming disconnected, dispersed and diluted.

[Read the full report](#)

Mrs Jacoline Petersen

Director of Student Counselling