Youth and Mental Health during Covid-19
Promoting well-being and resilience during challenging times
Red Cross youth & volunteers
Overview of Covid-19's Impact on Mental Health

**Challenges**
- Isolation and social distancing
- Limited access to traditional support systems

**Impact**
- Anxiety, Stress, Loneliness, and Depression
Importance of addressing mental health alongside physical health during crises

- Improved coping mechanisms
- Social support and community resilience
- Psychological well-being

Holistic healthcare & well-being

- Physical
- Emotional
- Psychological
Role of Red Cross Youth & Volunteers

Hotline Support:
- Establishing helplines for individuals in need of emotional support and guidance
- Trained volunteers offering empathetic listening and providing coping strategies

Online Mental Health Resources:
- Creating and sharing comprehensive resources on mental health topics
- Offering guidance on managing stress, anxiety, and maintaining well-being

Virtual Support Groups:
- Organizing virtual support groups to foster a sense of community and connection
- Providing a safe space for individuals to share experiences and find support
Looking Forward

• Continuous expansion and improvement of mental health support programs

• Strengthening partnerships and collaboration for a wider reach

• Upholding our commitment to the well-being of individuals affected by the pandemic
THANK YOU