

stem4 Launch Booklet for Health Professionals to Meet Mental Health Challenge Amidst COVID-19

JUNE 2020: Whilst a 2019 [stem4 survey of GPs](#) revealed 8 out of 10 (83%) GPs had seen a rise in the number of patients aged 11-18 suffering with anxiety, the COVID-19 crisis looks only to have amplified stress and worry for young people further. The many challenges caused by COVID-19 are, however, constantly evolving, making it difficult for health professionals to give consistently clear advice to young people with regards to managing their mental health. To help meet this immense challenge, stem4 have launched a [new booklet](#), providing guidance for health professionals on how to support young people during the COVID-19 outbreak, whilst also building resilience in themselves.

Increased stress and worry are natural in the midst of a pandemic, but children and young people can be particularly vulnerable due to their level of cognitive maturity, perception of consequences, and access to uncensored information online. The free booklet from stem4 provides practical information for health professionals supporting children and young people amidst this vulnerability. It offers tips and resources to help deal with mental health issues presenting in young people and outlines the challenges associated with change as the crisis passes. It also provides some guidance on ways to support the mental wellbeing of health professionals as they seek to meet this increase in demand.



The booklet can be downloaded for free here: bit.ly/covidHP

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About stem4: stem4 is a Wimbledon based, award winning charity that supports teenage mental health. In order to foster positive teenage mental health, it provides evidence-based education, builds resilience, enhances motivation to change, and signposts to ensure early intervention and action. stem4 focuses on commonly occurring mental health issues in teenagers including eating disorders, anxiety, depression, self-harm and addiction. stem4's work is primarily provided digitally through their innovative education programme, pioneering mental health apps and clinically-informed website. They also host mental health conferences that contribute to helping young people and those around them flourish. stem4 targets and supports families, schools, health professionals and communities as well as the teenagers themselves.

Website: Please see website for more information www.stem4.org.uk

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