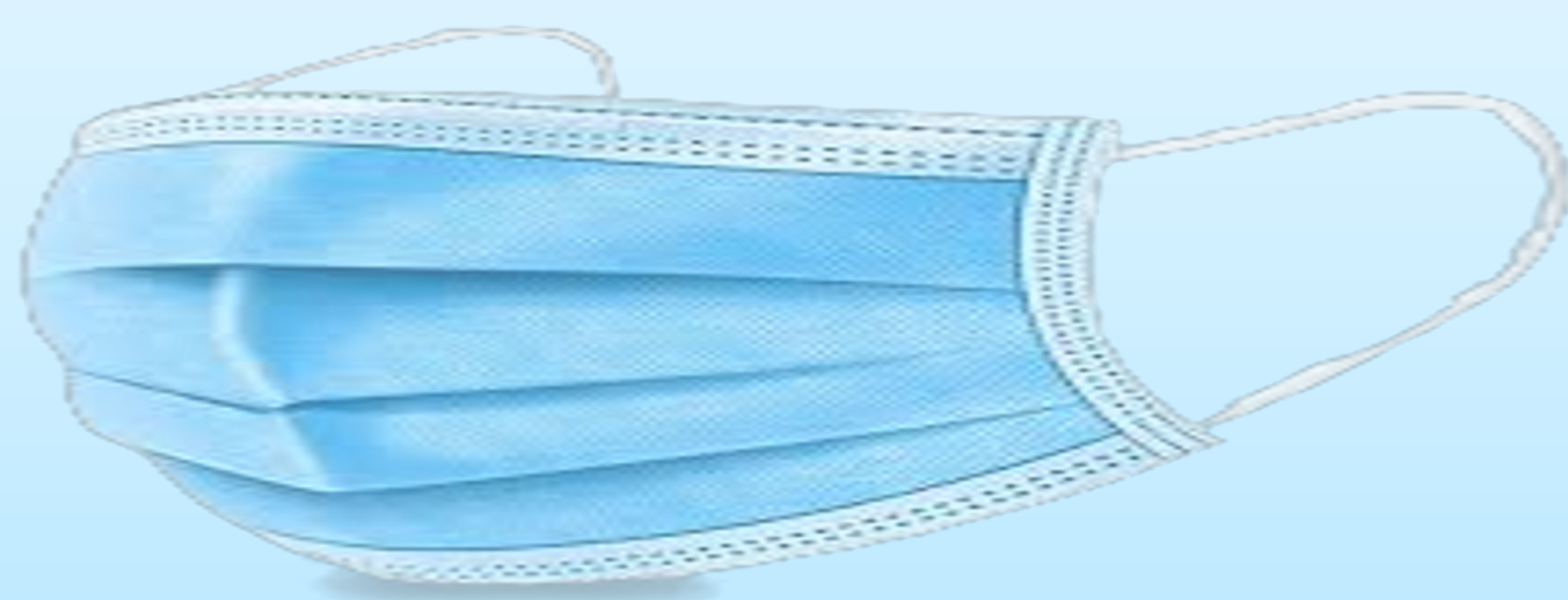


Impact of COVID-19 on Generation Z Mental Health

The COVID-19 lockdowns disrupted vital aspects of daily life for adolescences during critical developmental years, leading to long term social difficulties and lasting mental health issues

Environmental Challenges

- Years of Isolation
- School closures
- Reduced face-to-face interaction
- Disruption of daily routines



Psychological Effects

- Depression
- Loneliness
- Anxiety
- Decline in mental well-being
- Doom Scrolling



Constantly struggling with Doom Scrolling? Text **CONNECT** to 741741 for help.

Social & Developmental Impact

- Social adjustment struggles
- Communication difficulties
- Relationship challenges
- Identity development disruption

