

WHAT IS ANXIETY?

A FEELING OF WORRY, NERVOUSNESS,
OR UNEASE ABOUT SOMETHING WITH
AN UNCERTAIN OUTCOME..



Young people's mental health and wellbeing has never been so important. These statistics show just how big the problem is for young people in the UK.

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aged 5 to 18 were identified as having a probable mental health problem in July 2021, a huge increase from one in nine in 2017. That's five children in every classroom



83% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse



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