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Mental Health Concerns for Youth If COVID-19 breaks out again

Following the breakout of COVID-19 throughout 2020, many young Victorian adults struggled with their mental health and the exposure of being isolated for many months at a time. Some even fear how they will cope if another outbreak were to occur.

Zoe Hurley a young adult who previously moved from NSW to Melbourne, currently living by herself, says she used all her “positive energy on the last lockdown” and doesn’t think she would cope very well if a second outbreak were to occur.

If there was another outbreak of COVID-19, Hurley says, she “would want to go back home”.

Not only did the aspect of mental health see a rise during COVID-19 for everyone, but there was also an [extreme increase rate](#) for young Victorian adults.

Hurley says she was affected by the pandemic, saying she ‘definitely, had some hard periods’ during COVID-19, especially because she was alone and didn’t have her family at all.

She couldn’t go and visit her family due to the restrictions in Victoria and says she didn’t have “a hug in so long, from anybody.”

Many other young Victorian adults were affected by the pandemic, as many struggled with a decline in mental health. According to [ABC News](#), there was an increase in “the number of children presenting to hospitals with self-harm injuries was up more than 30 per cent.”

According to [The Foundation for Young Australians](#), “55% of young people are concerned about their mental wellbeing in the long-term as a result of COVID-19”.

Advocates have called for ‘Lifesaving’ mental health clinics in Victoria to be replicated across Australia, according to [ABC News](#), as the number of young Victorians seeking help for mental health, even after COVID-19 is starting to die down.

Although without, money from the Government many Victorians would have very much struggled. Communications and Marketing Director Sue Masters, says both Job Keeper and Job Seeker meant that most people were able “to pay their rent, pay for food and other essential services” she may not have been able to do previously.

But the [end of job keeper](#) and job seeker, now means people have to be smarter with the way they spend their money, especially if they are still unemployed like many young Victorian adults are.

As of right now, decisions are being made that will impact young people in the future which will affect how they live, learn and work.

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