

# Young people's mental health and wellbeing

during COVID-19

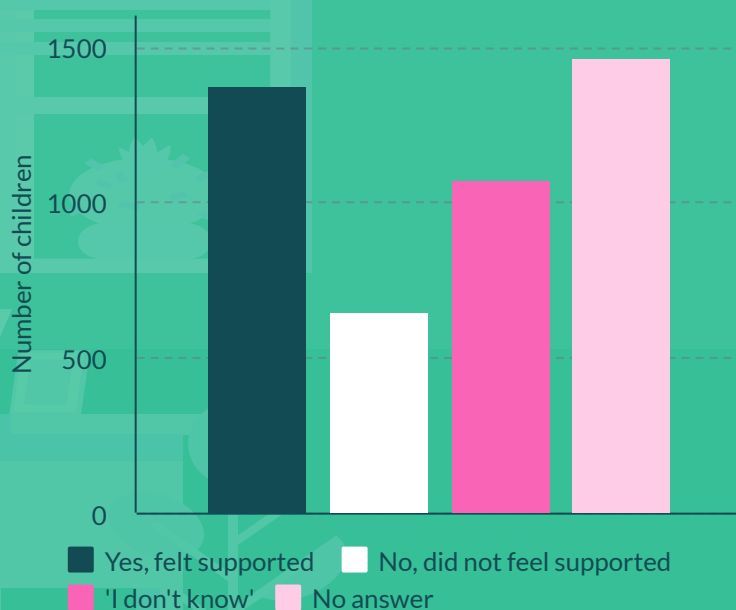
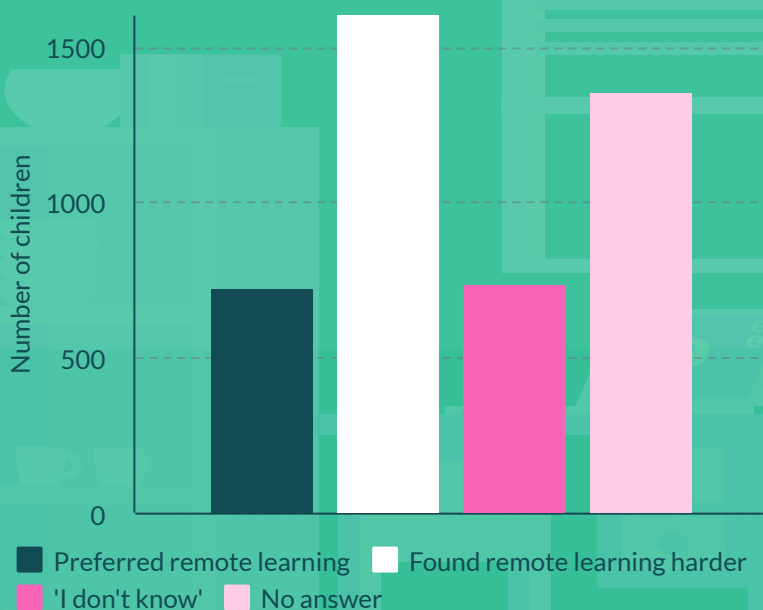
A new report 'Mental health shapes my life: COVID-19 & kids' wellbeing published in 2022 by the Australian Human Rights Commission details the findings of a project exploring children and young people's experiences of COVID-19 and the effect it has had on their mental health and wellbeing. Over 4,500 children aged 9-17 were surveyed. In this infographic, we explore some of the findings related to remote learning, wellbeing support from schools, and where children seek support for their mental health.



## Children's experiences of remote learning



## Did students feel their wellbeing was supported by teachers and schools over the past 2 years?



## Who would children seek help from for their wellbeing?

Survey question: 'Who are the top three people you would ask for help if you felt down, scared or worried? Select three answers!'

