



Stress in Young People: What's New and What To Do

Sarah MacNamara

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There is a growing concern in most countries today about the increasing malaise and stress in young people. Suicides, substance abuse, depression, anxiety, and eating disorders have all been linked to stress. Young people are experiencing more social and psychological problems than ever before. The trends indicate an increase in pressures faced by young people, together with a general decline in coping skills and an absence of social support. Such patterns have emerged worldwide and represent a challenge to policy-makers, service providers, and families alike.

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