



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

By 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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Editorial Review

About the Author

Sarah MacNamara, B.A., M.A., D. Phil (Oxon) is a researcher at the Children's Research Centre, Trinity College, Dublin Ireland. She has been working in the area of adolescent mental health and prevention in many capacities and institutions for several years.

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