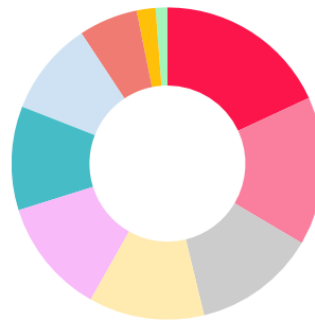


**More than 66%** say that their current mental health state is **worse or much worse now** as opposed to before the COVID-19 crisis.

## The most common negative emotions

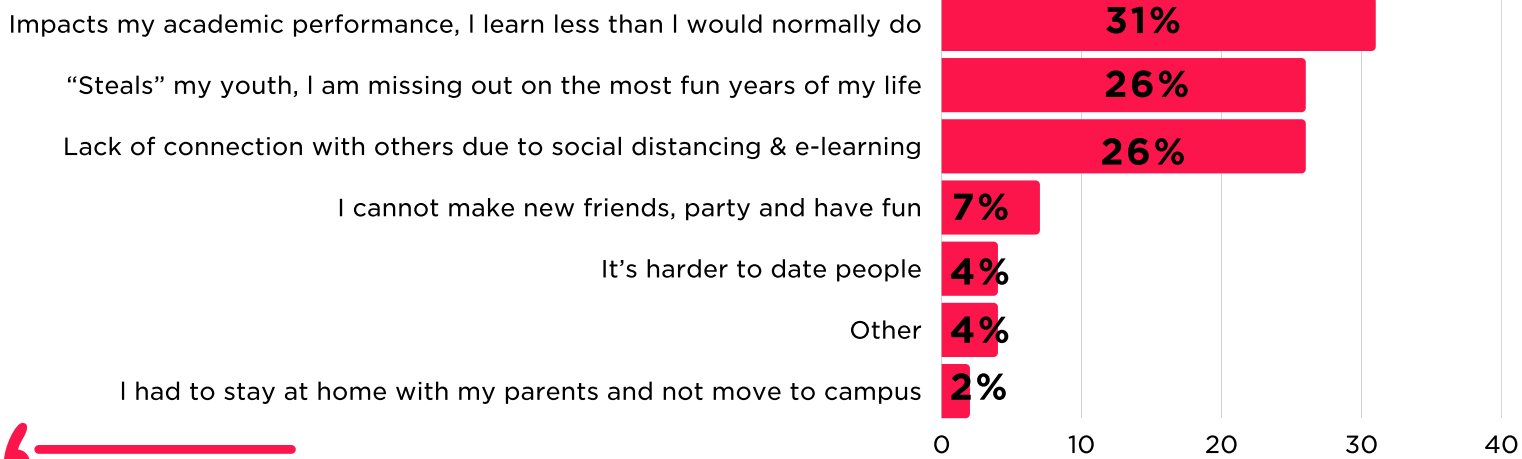
that young people have experienced are:

**stress, lack of motivation, pessimism and monotony.**



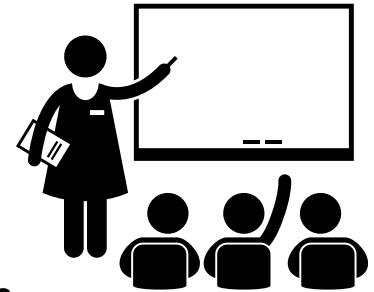
- STRESS ●
- LACK OF MOTIVATION ●
- PESSIMISM ●
- MONOTONY ●
- LONELINESS ●
- DEPRESSION ●
- FEELING HOPELESS ●
- FEELING HELPLESS ●
- SUICIDAL THOUGHTS ●
- OTHER ●

## “WHAT WORRIES ME MOST ABOUT THE IMPACT OF COVID-19 DURING MY SCHOOL YEARS IS...”

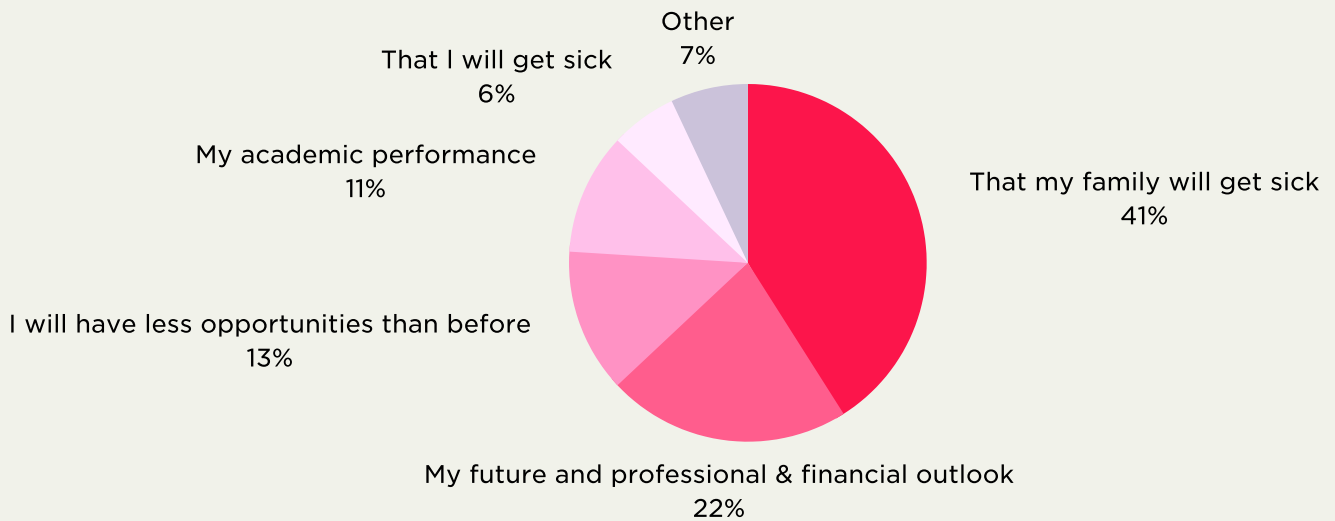


**84%** replied that **they prefer face-to face learning over remote classes.**

**64%** believe that **their academic performance has been negatively impacted during the pandemic**



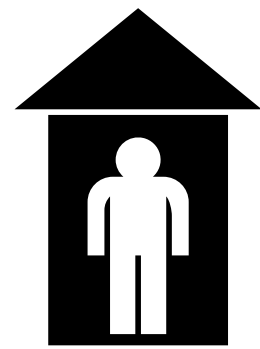
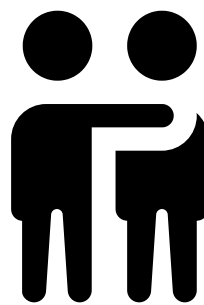
## “WHAT WORRIES ME MOST DURING THE PANDEMIC IS...”



**69%** of young people find it somewhat likely or unlikely to develop COVID19

**31%** find it likely or very likely

**72%** have reduced social interactions while **12%** see no significant change in their social life.

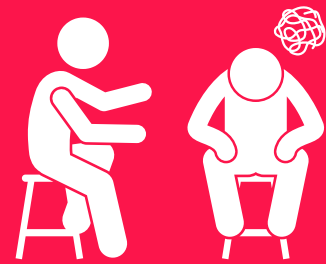


# DO YOUNG PEOPLE NEED MENTAL HEALTH SUPPORT TO COPE WITH THE NEW WAY OF LIVING DURING THE PANDEMIC?

48% feel they need mental health support to cope with their current life situation...

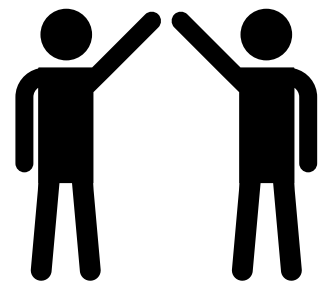
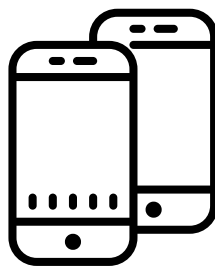
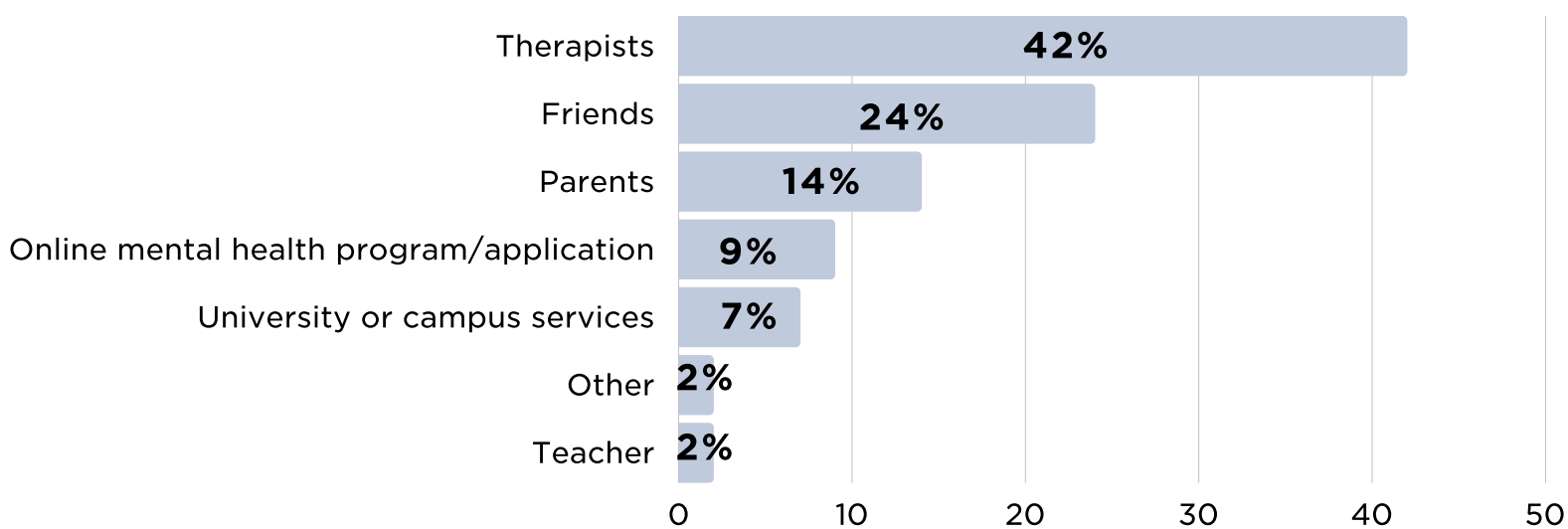


...but only 19% have already asked for it.



**57%** think access to mental health support is not easy

## “TO GET MENTAL HEALTH SUPPORT I WOULD REACH OUT TO...”



Sentio Solutions is a San Francisco based company, which develops biomarkers and digital therapeutics to change the way we diagnose, manage and care for mental health. The company's premier offering Feel is a holistic mental health program that uses its proprietary Feel Emotion Sensor to quantify a person's emotional state for the very first time, and deliver 24/7 emotional health support to those in need. The company also launched the Feel Relief Program, a tailored and structured mental health program to meet the demand and need for emotional help during the COVID-19 pandemic.

\*Results based on the Impact of COVID-19 on Students' & Young People's Mental Health survey conducted by Sentio Solutions between October/November 2020, among 252 students in USA & Europe.