



Home » Helpful Experience » Survey reveals that only three young people turn to help when they are in mental distress



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# The survey revealed that only three young people would turn to Qi Li for help when they were mentally trapped. The Youth Support Association launched new services, and the young people guided the young people to find ways to solve their worries.

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The latest survey on the mental health of youths by the youth development agency Qi Li Fu Youth Association found that more than half of the young people surveyed felt mentally stressed in the past year when the new crown epidemic continued, and 60% of the young people surveyed were facing mental health problems. never ask others for help. In view of this, Qi Li Supporting Youth Association has launched a youth-led mental health support and referral service "Call Bee" to accompany and support young people on their journey of seeking relief.

In March 2020, the Kai Li Support Youth Association conducted a small opinion survey on "learning at home" and interviewed 152 young people. The results showed that more than 60% of the respondents were worried that the epidemic would affect their future, and 55% were unable to communicate with friends and teachers. 46% said they felt lonely while studying at home, and 27% of the youth surveyed said that they or their peers had a high chance of taking drugs and alcohol during school closures.

## Worry about academic and future uncertainty

In order to follow up on the mental health of young people during the epidemic, Qi Li conducted a questionnaire survey from the end of September to the end of October last year, interviewing 1,352 young people aged 14 to 24 in Hong Kong. A summary of the findings is as follows:

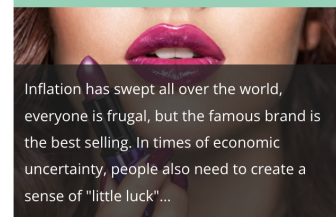
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- 51% reported feeling mentally stressed at the time of the interview; 34% said they were often/mostly worried and had difficulty concentrating in the past year.
- Respondents who answered that they felt stressed (690 people) often or most of the time in the past year felt "not in the best condition" (53%), "feeling tired for no specific reason" (47%), "anxious or Worried" (46%), "poor concentration" (45%) and "angry or disappointed with myself" (38%).
- Some people who seek help said that they will first seek help from friends (62%) and parents (40%); less than 20% of them will seek help from professionals such as social workers, psychiatrists, counselors or psychologists.
- The main factors that make their mental health worse are: academic stress (52%), lack of time (40%) and further studies and future development/unemployment (38%).
- The interviewed employed youth said that the main factors that make their mental health worse are: work stress (39%), lack of time (35%), and social problems (32%).
- The most popular ways to reduce stress are listening to music (67%), going out with friends (40%) and watching TV (40%); boys mostly choose to play video games and exercise to reduce stress; women prefer eating and watch TV.



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Ka-xin Siu, executive director of the Kai-Lei Youth Development Association, said the survey results showed a lack of connection between young people and the mental health support services they need. "Young people's mental health issues cannot be ignored, as unaddressed stress and negative emotions can trigger negative responses, such as self-harm, drug and alcohol abuse, that can lead to long-term problems."

The Kili Youth Association believes that the social labeling and stigmatization of emotional disorders is a major obstacle preventing young people from seeking help. Kai Li urges all sectors of the community, especially parents and teachers, to pay more attention to the mental health of young people and understand the importance of peer support; and recommends that schools incorporate emotional and social skills into the regular curriculum of secondary schools to help young people manage stress and enhance resilience force.

#### The youth-led "Calling the Bees" service was officially launched

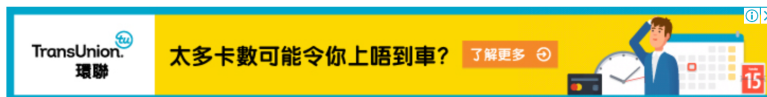
On February 1st, the Kai-Lee Youth Development Association officially launched the "Calling the Bee" mental health support and referral service to play a role as a bridge. The project manager Wu Zhimin introduced that the main axis of "Calling the Bees and Calling Words" is the hotline service. The professionally trained young staff listen to the needs of the seekers, respond with an attitude of non-judgment and no preaching and empathy, helping the seekers to find appropriate countermeasures, and at the same time enlighten the seekers. Help them develop a positive perception of support services. When the seeker is ready, match them with appropriate professional counseling services to follow up. So far, 40 partner service agencies have accepted referral cases from "Call the Bee".

In March last year, "Calling the Bee" cooperated with a number of secondary schools to pilot a pilot project, and recruited 30 secondary school students to become "Youth Ambassadors" to help promote the service in schools and provide advice on the project that is closely related to young people's ideas.

#### "Call the Bee" Youth Mental Health Support and Referral Service

Tel/whatsapp hotline: 5647 6688 (available in English and Cantonese)

Mental Health Interactive Workshop: [kely.org/cnt/resources](http://kely.org/cnt/resources)



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